

express

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Tuesday



Buffett is giving billions to Gates' foundation.

Cure All: Gates and Buffett take aim at top 20 diseases | **10**

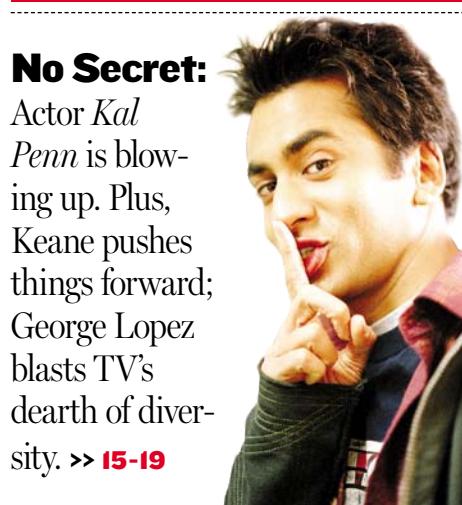
Gaza Unrest: Israel's PM eyes action after kidnapping | **8**



ENTERTAINMENT

No Secret:

Actor *Kal Penn* is blowing up. Plus, Keane pushes things forward; George Lopez blasts TV's dearth of diversity. >> **15-19**



Weather >> **More Storms**



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FULL FORECAST ON PAGE 30



RAINED OUT: A fish lies in the gutter near an overturned vehicle in Alexandria, Va., on Monday.

CAMERA SHYNESS | Relief Picture Kawakawa, New Zealand, is building new public restrooms next to its existing ones for people who don't want to risk being photographed by tourists, the New Zealand Press Association reported. The current toilets were



created by artist Friedrich Hundertwasser and have become a major sightseeing spot for visitors in the past seven years. But locals — especially men using urinals — have complained of being photographed while they use them. (EXPRESS) **EyeOpeners** | Page 2

LASER HAIR & SPIDER VEIN REMOVAL

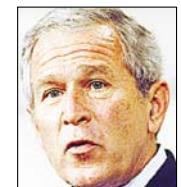


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U.S. Split On Iraq Deadline

Poll: Slight majority opposes a timetable for troop pullout

With military commanders weighing possible troop reductions in Iraq, Americans are sharply divided along partisan lines over whether to set a deadline for withdrawing all U.S. forces there, according to a new Washington Post-ABC News poll.



Bush

A bare majority (51 percent) opposes a deadline for getting out of Iraq, but the margin has dwindled as the bloody insurgency has continued to claim U.S. casualties. The poll found that 47 percent now favor some kind of deadline, up eight percentage points since December. Two thirds of Democrats favor setting a deadline, more than double the proportion of Republicans who embrace a timetable for withdrawal.

President Bush's approval rating rebounded from its low point a month ago and now stands at 38 percent. That is still weak enough to cause Republicans to worry about their electoral fortunes in November, but five percentage points higher than it was in May.

Democrats continue to hold an advantage on the November ballot, with a majority (52 percent) of registered voters saying that, if the election were held today, they would vote for the Democratic candidate for the House to 39 percent who would favor the Republican.

DAN BALZ AND RICHARD MORIN (THE WASHINGTON POST)

♦ **Looking ahead:** The new poll shows encouraging signs for GOP election hopes | **Today in the Post**, A1

eyeOpeners

AUTOMATION

Computer Don't Much Like Squirrels

Retired mechanic Jack Garrison of Melbourne, Fla., doesn't own a dog. He doesn't own a squirrel, either, though he admits he likes to feed the squirrels in his back yard. Recently, Garrison, who had worked for the Kennedy Space Center, was issued notices of fines totaling nearly \$1,400; the infractions, which Garrison called just plain nuts, included a barking dog violation and four squirrel-related charges—from squirrel disturbing the peace to squirrel at large. Melbourne city officials have admitted their mistake. They said someone called to complain that Garrison was feeding the squirrels in his back yard, and an automated computer program spit out the charges. Authorities have apologized to Garrison. (AP)



TELEMARKETERS

Get Me the President! And a Time-Share!

The federal government has put a secret Homeland Security hot line for the nation's 50 governors on the federal Do Not Call Registry because of telemarketers, USA Today reported. Governors complained that people offering sales of time-shares or

phone services were clogging the line, which is meant for instant communications with the federal government in case of a major emergency. "I wonder about the security of that line," Delaware Gov. Ruth Ann Minner said. The problem has been ongoing, governors say; in Wisconsin in 2003, a caller offering phone services called just as U.S. forces began the war in Iraq, Gov. Jim Doyle said. (EXPRESS)

BIRTH DEFECTS

Nobody Nose the Trouble

Introducing: The next top recruit by search-and-rescue squads. A member of staff from Battersea Dogs and Cats Home in London on Monday held one of two two-nosed bullmastiffs brought into the rescue facility. Experts have been confounded by the dogs, which were both born with this extreme form of a cleft palate. Elsewhere in England, staff at the Dog and Cat Shelter in Newcastle reported having difficulty this month trying to find a home for a similarly deformed dog named "Duo." (EXPRESS)

NAPPING

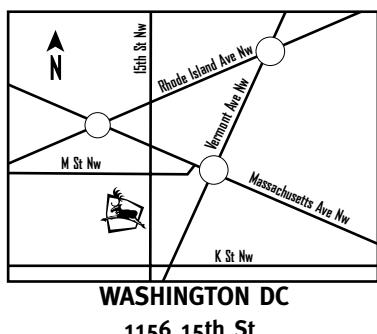
Comcast: Up to 3X Fasterrrrrzzzz...

Comcast has fired a Washington employee for sleeping on a customer's couch during a housecall. Comcast said it had apologized to customer Brian Finkelstein for the "unsatisfactory customer experience." Finkelstein's Internet connection had worked only intermittently since he moved to a new



apartment June 1. A Comcast employee who came to Finkelstein's home June 14 to replace the modem called the company for help. Put on hold for more than an hour, he caught some shut-eye while he waited. Finkelstein, a Georgetown University law student, videotaped the incident; he said Friday his service has been fixed. (AP)

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MAN WITH A PLAN: Sen. John Kerry unveiled a national energy plan Monday that reprise some of the themes from his 2004 presidential campaign: reducing oil imports, increasing the number of cars powered by renewable fuels and cutting greenhouse gases.



Nation

Wars Tripling Army Costs

Annual spending for equipment is expected to hit \$17B next year

WASHINGTON | The annual cost of replacing, repairing and upgrading Army equipment in Iraq and Afghanistan is expected to more than triple next year to more than \$17 billion, according to Army documents obtained by the Associated Press.

From 2002 to 2006, the Army spent an average of \$4 billion a year in annual equipment costs. But as the war takes a harder toll on the military, that number is projected



Troops stand in front of an armored humvee in Afghanistan last week.

to balloon to more than \$12 billion for the federal budget year that starts next Oct. 1, the documents show.

The \$17 billion also includes an additional \$5 billion in equipment

expenses that the Army requested in previous years but has not yet been provided.

The latest costs include the transfer of more than 1,200 2 1/2-ton trucks, nearly 1,100 Humvees and \$8.8 million in other equipment from the U.S. Army to the Iraqi security forces.

Army and Marine Corps leaders are expected to testify before Congress Tuesday and outline the growing costs of the war — with estimates that it will cost between \$12 billion and \$13 billion a year for equipment repairs, upgrades and replacements from now on.

LOLITA C. BALDOR (AP)

Supreme Court Upholds Kan. Capital Punishment

Alito ends deadlock on state death penalty case, revealing split

WASHINGTON | The Supreme Court upheld a state death penalty law on Monday in a splintered ruling that revealed deep division among the justices over the fairness of capital punishment in America.

New Justice Samuel Alito had been called on to break a tie in the case, which was argued twice — first while Sandra Day O'Connor was still on the court and then this spring so that Alito could end

a deadlock.

The 5-4 outcome was as much a debate about capital punishment as it was a ruling on a unique law in Kansas, which has just eight death row inmates and hasn't executed anyone in 40 years.

The ruling overturns a Kansas Supreme Court decision that found the law violated the Eighth Amendment's protection against cruel and unusual punishment.

GINA HOLLAND (AP)

In the Post: The court on Monday erupted in an intense public dispute over the death penalty. | Today, A Section

HEARSAY | IRAQ TROOP WITHDRAWALS



“General Casey... actually laid out more than one option. And everybody's fastening on one.”

— WHITE HOUSE SPOKESMAN TONY SNOW
BRUSHING ASIDE REPORTS THAT GEN. GEORGE CASEY HAD PLANS
FOR SENDING HOME TWO COMBAT BRIGADES BY SEPTEMBER

Navy Jets Collide in Air, Killing 1 Pilot

KING CITY, CALIF. | Two Navy fighter jets collided Monday over a military base, killing one pilot and seriously injuring another, authorities said.

The F/A-18 jets from Lemoore Naval Air Station were flying a training mission when they crashed at Fort Hunter Liggett, a remote

Army Reserve base 150 miles south of San Francisco, said Navy spokesman Dennis McGrath.

Details were not immediately known, but a Fort Hunter Liggett spokesman said two parachutes were seen, indicating the pilots ejected. (AP)

Top Court Rejects Money Limits for Vt. Campaigns

WASHINGTON | The Supreme Court ruled Monday that Vermont's limits on contributions and spending in political campaigns are too restrictive and improperly hinder the ability of candidates to raise money and speak to voters.

The justices said their finding was that Vermont's law — the strictest in the nation — sets limits that unconstitutionally hamstring candidates.

The majority took issue with Vermont legislators for “constraining speech” by telling candidates and voters how much campaigning was enough. (AP)



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Nation

In Brief



Andrea Yates enters court on Monday with her lawyer, George Parnham.

HOUSTON

Yates Child Murder Retrial Opens With Not-Guilty Plea

Andrea Yates entered a not-guilty plea Monday as her retrial began on charges that she drowned her five children in a bathtub five years ago. The prosecution and defense are expected to call most of the same witnesses from the 2002 trial, including the psychiatrist whose erroneous testimony led an appeals court to overturn her convictions. (AP)

SAN JOSE, CALIF.

City's Mayor Arraigned Over Garbage Contract Deal

The mayor of San Jose was arraigned Monday on public corruption charges stemming from a secretly negotiated garbage contract deal. Mayor Ron Gonzales, 55, is charged with six felonies, including conspiracy, bribery, misappropriating public funds and falsifying records. He could face up to eight years in prison. (AP)



Nunez

PORT HUENEME, CALIF.

Port Closed Over Possible Cargo Container Threat

A Southern California port was closed off Monday afternoon while authorities investigated a possible terrorist threat on a cargo ship, a port official said. A dock worker at the Port of Hueneme in Ventura County discovered a possible threat written in the cargo hold of a ship from Guatemala. The message, scrawled in marker on a metal pillar in the ship, read: "This nitro is for you Mr. George W. Bush and your Jewish cronies." (AP)

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The age of triathlete Mary Stroebe, who will compete in her 12th triathlon event next month. The Wisconsin octogenarian also plays seven sports and teaches downhill skiing.

Nation

Bush Defends Bank Spying

White House slams media over disclosure of record monitoring

WASHINGTON | President Bush said Monday it was "disgraceful" that the news media had disclosed a secret CIA-Treasury program to track millions of financial records in search of terrorist suspects. The White House accused The New York Times of breaking a long tradition of keeping wartime secrets.

"The fact that a newspaper disclosed it makes it harder to win this war on terror," Bush said.

The Times has defended its

effort, saying publication has served America's public interest.

The newspaper, along with the Los Angeles Times and the Wall Street Journal, revealed last week that Treasury officials, beginning shortly after the Sept. 11, 2001, terror attacks, had obtained access to an extensive international financial data base — the Society for Worldwide Interbank Financial Telecommunication, or Swift.

"Some in the press, in particular The New York Times, have made the job of defending against further terrorist attacks more difficult by insisting on publishing detailed information about vital national

security programs," Vice President Dick Cheney said.

Bill Keller, executive editor of the Times, defended the decision to publish the story. He said the Times had spent weeks discussing with the administration whether to publish the report.

"Most Americans seem to support extraordinary measures in defense against this extraordinary threat, but some officials who have been involved in these programs have spoken to the Times about their discomfort over the legality of the government's actions and over the adequacy of oversight," Keller said.

TERENCE HUNT (AP)

NEW YORK | MORE BLUE FOR NYPD



SALUTE-ATORIANS: Police academy graduates salute during a graduation ceremony, on Monday in New York. The class of 1,213 new police officers is one of the most diverse to have ever graduated from the academy.

Court to Weigh In on Global Warming

Decision could change federal regulations on car emission standards

WASHINGTON | The Supreme Court plunged on Monday into the acrimonious debate over global warming and whether the government should regulate "greenhouse" gases, especially carbon dioxide from cars. The ruling could be one of the court's most important ever on the environment.

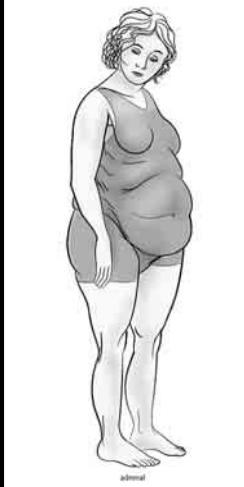
Spurred by states in a pollution battle with the Bush administration, the court said it would decide whether the Environmental Protection Agency is required under the federal clean air law to treat carbon dioxide from automobiles as a pollutant harmful to health.

The decision could determine how the nation addresses global warming.

President Bush has rejected calls by environmentalists and some lawmakers in Congress to regulate car-

bon dioxide, the leading heat-trapping "greenhouse" gas going into the atmosphere. Bush favors voluntary actions to curtail such emissions.

But a dozen states argued that carbon dioxide and other heat-trapping chemicals from automobile tailpipes should be treated as unhealthy pollutants. They filed a lawsuit in an effort to force the EPA to curtail such emissions just as it does cancer-causing lead and chemicals that produce smog and acid rain. H. JOSEPH HEBERT (AP)



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World

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The increase in Prince Charles' private income in the past year, his office said Monday. The British royal received some \$20 million in income, a large part of which goes to the costs of his charity work. His charities raised some \$160 million last year.

Olmert Promises 'Broad' Offensive

Israeli troops amass as soldier's captors call for release of prisoners

JERUSALEM | With troops poised to invade Gaza, Prime Minister Ehud Olmert on Monday ruled out bargaining with the captors of an Israeli soldier and promised a "broad and ongoing" military offensive.

But large-scale army action appeared unlikely. Officials said they were pursuing a diplomatic solution and conceded that a

broad attack would threaten the life of the 19-year-old hostage captured Sunday.

The militants claiming to hold Cpl. Gilad Shalit issued their first demands Monday. The groups, linked to the Hamas-led Palestinian government, said Israel should release all imprisoned Palestinian women and children under 18 in return for information on Shalit.

Olmert rejected the demand. Addressing Jewish leaders in Jerusalem, he charged that the Palestinian attack on an army



An Israeli soldier jumps from a tank as troops amass near the Gaza Strip.

post at a Gaza crossing and the abduction of the soldier were part of a "murderous, hateful, fanatical Islamic extremist desire to destroy the state of Israel."

Although Israel frequently carries out air raids in Gaza, ground troops have entered the area only three times — all briefly — since last year's pullout.

Palestinian President Mahmoud Abbas was working with Egyptian mediators and Arab and Western leaders to locate the soldier.

JOSEF FEDERMAN (AP)

Japan OKs Interceptor Missiles

Agreement with U.S. comes amid threat of launch by N. Korea

TOKYO | Tokyo and Washington have agreed to deploy advanced Patriot interceptor missiles on American bases in Japan for the first time, officials said Monday amid concerns North Korea may be preparing to test-fire a long-range ballistic missile.

In Washington, President Bush said North Korea should heed warnings by China and other nations not to test-launch the Taepodong-2, which intelligence reports have said it may be fueling at a launch site on its northeastern coast.

The U.S. and Japan reached an accord on the interceptors this month after reports of the possible test-firing became public, and the weapons will be installed on American bases in Japan as soon as possible, Japan's Defense Agency said.

Japan's largest newspaper said the interceptor missiles could be in place by the end of the year.

The plan was proposed by U.S. officials during a June 17 meeting in Hawaii, the newspaper reported, quoting unidentified government officials.

MARI YAMAGUCHI (AP)

ED WRAY (AP)

NEW HOPES: East Timorese demonstrators in Dili celebrate news of Prime Minister Mari Alkatiri's resignation on Monday.

Embattled East Timorese PM Quits

Political pressures lead Alkatiri to decide he's 'ready to resign'

DILI, EAST TIMOR | East Timor's prime minister bowed to mounting pressure and resigned Monday, setting off raucous celebrations and raising hopes for an end to months of political paralysis and violence in Asia's newest nation.

Mari Alkatiri, who is battling allegations that he formed a hit squad to silence opponents,

offered to help form an interim government until elections next year, and the ruling Fretelin party put forward four names as possible successors.

"I am ready to resign," Alkatiri said on the porch of his home in Dili, saying he wanted to share responsibility for the crisis and to head off the resignation of President Xanana Gusmao, who threatened to step down if Alkatiri did not.

Gusmao, who is revered for leading the armed resistance to Indonesian rule, accepted the res-

ignation effective immediately and said deliberations would begin Tuesday on a new government.

As news of Alkatiri's decision spread, thousands of people drove through the main streets of the capital, banging drums and cans.

Many Timorese say Alkatiri's dismissal of 600 soldiers in March was to blame for street battles and gang warfare that killed at least 30 people and forced nearly 150,000 others to flee their homes before peacekeeping troops intervened last month.

TANALEE SMITH (AP)

In Brief

SAO PAULO, BRAZIL Police Kill 13 Suspected Gang Members in Shootout

Police killed 13 suspected gang members in overnight shootouts after authorities foiled a plot to launch a new wave of attacks against officers on the fringes of Brazil's largest city, officials said Monday. Ten suspected gang members were shot dead in an exchange of gunfire with police in the suburb of Sao Bernardo do Campo, and three were killed in the Diadema suburb, officials said. (AP)

UNITED NATIONS Sudanese Government Lifts Brief Ban on U.N. Activities

The Sudanese government has lifted its partial suspension of U.N. work in conflict-racked Darfur, the U.N. said Monday. On Sunday, the Sudanese Foreign Ministry said the government ordered the suspension, except for humanitarian activities, after the United Nations permitted a U.N. helicopter to transport a rebel leader from one of the armed groups "bent on wrecking peace" in violation of agreements with Khartoum, the official news agency SUNA reported. (AP)

NOUAKCHOTT, MAURITANIA Plan to Limit Presidential Terms Wins Strong Backing

Mauritanians voted overwhelmingly to limit presidential terms in a referendum aimed at ensuring they get a change of leadership at least once every 10 years, the interior minister said Monday. Sunday's constitutional referendum marks a crucial first step toward a return to civilian rule ahead of presidential elections next year. (AP)

ROME Charter Reforms Rejected

Italians soundly rejected massive changes to the country's postwar constitution that proponents had argued would increase political stability and modernize the country, final returns showed Monday. The results marked a victory for the government of Romano Prodi, who had said change was necessary but opposed the reforms as giving too much power to the executive. (AP)



BY THE LETTER: The Van Gogh Museum in Amsterdam said Monday it bought 55 letters written by Vincent van Gogh that provide insight on the development of his artistic thought. The letters were written by Van Gogh to fellow artist Anthon van Rappard from 1881-1885.

World

Bush, Koizumi Set to See the 'King'

Strong bond between leaders is embodied in road trip to Graceland

TOKYO | It is not often that the Queen of England is upstaged. But at a royal gala for world leaders in Scotland last year, even Her Majesty gave up the spotlight when the curtain raised on The George and Junichiro Show.

President Bush and Japanese Prime Minister Junichiro Koizumi, officials here recalled, shook things up in Gleneagles that night with a dose of The King — Elvis.

Displaying the personal friendship that has helped bring the United States and Japan closer together than at any point since the end of World War II, Koizumi serenaded an appreciative Bush — then celebrating his 59th birthday — with a verse from "I Want You, I Need You, I Love You."

Now, it is Bush's turn to show Koizumi the love.



ALL SHOOK UP: President Bush and Japanese Prime Minister Junichiro Koizumi, seen here in June 2001, will tour the Memphis home of Elvis Presley on Friday.

Marking perhaps the most personal treatment offered to any visiting world leader during the Bush administration, President Bush will accompany the rock-haired prime minister to Memphis on Friday for a private tour of Graceland, the estate of Koizumi's boyhood idol,

Elvis Presley.

The trip will come after the free-wheeling Japanese leader, known by his nickname "Lion Heart," arrives in Washington on Wednesday for his last official trip to the U.S. He will step down in September.

The White House sayonara

East Greets West

→ Officials on both sides of the Pacific call the Bush-Koizumi bond a case study in how personal rapport can, on occasion, influence foreign policy. | **Today, A Section**

IN **The Washington Post**

marks a fitting end to the unlikely relationship of the samurai and the cowboy, two strong-willed leaders who shared no common tongue but many of the same characteristics, including a firm conviction in their own opinions and a deep reluctance to admit mistakes.

"It's pretty unusual; it's the first time this president has taken anybody to Graceland," said the U.S. ambassador to Japan, J. Thomas Schieffer. He later added, "I think the president wants to convey to Prime Minister Koizumi his gratitude for the friendship he has offered him over this five-year period. This really is a big deal."

ANTHONY FAIOLA (THE WASHINGTON POST)

Two Iraqi Markets Hit By Bombs, Killing 40

BAGHDAD, IRAQ | Bombs killed at least 40 people at markets in two Iraqi cities Monday, hours after key lawmakers said seven Sunni Arab insurgent groups offered the government a conditional truce.

Despite the fresh opening between the government and the militant organizations — which do not include al-Qaeda or Islamic terror groups — a top Iraqi commander said Baghdad's forces would not be ready to keep the peace for at least a year in Anbar province, the insurgent heartland.

The latest bombings came as a reminder of just how difficult establishing security can be in many areas of Iraq. Both markets were jammed with shoppers.

The deadliest attack was a bicycle bombing in Baqouba, the Sunni insurgent stronghold 35 miles northeast of Baghdad. The bombing killed at least 25 and wounded



Iraqis walk past the scene of an attack on a bakery in Baghdad on Monday.

33, according to Dr. Ahmed Fouad, director of the morgue at Baqouba General Hospital.

Minutes earlier, a blast killed at least 15 people and wounded 56 in Hillah, said police Capt. Muthana Khalid. Police reports from across the country listed at least 22 other deaths Monday, victims of sectarian murders or bomb and shooting attacks. STEVEN R. HURST (AP)

Fugitive Brown Bear Shot Dead In German Field

SCHLIERSEE, GERMANY | Bruno, the brown bear who sauntered into Germany through the Italian Alps and eluded pursuers in a month-long mountain odyssey, was shot and killed Monday, to the dismay of many animal lovers.

The first wild bear to be seen in Germany since 1835 was shot by government-sanctioned hunters in an Alpine meadow, putting an end to an often humorous saga that has made headlines around Europe.

Bruno was part of a project to reintroduce bears in northern Italy, but he roamed into Austria and Germany.

In recent weeks, he made brief but brazen appearances — on one occasion, plunking down for a rest in front of a police station in a Bavarian lakeside resort.

Officials would not identify the hunters involved in Bruno's death, citing possible threats from animal lovers. (AP)

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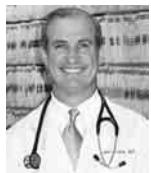
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Blood Pressure and Cholesterol Studies

The George Washington University Medical Center is recruiting men and women for several clinical trials testing new medications for treating blood pressure, high cholesterol, and other risk factors for heart disease.

These research studies offer laboratory measurements, physical exams, and medication at no charge. There is reimbursement for transportation.

You may be eligible even if you are already on medications for blood pressure or cholesterol.

For more information and to see if you might qualify, please call 202-872-3707 or e-mail lwitkin@mfa.gwu.edu. The Lipid Research Clinic is located one block from the Foggy Bottom Metro stop.

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Money

Benevolence by the Billion

Buffett, Gates team up to find cures for the world's worst diseases

NEW YORK | Warren Buffett's contribution of about \$1.5 billion a year to the Bill & Melinda Gates Foundation will be used to seek cures for the world's worst diseases and improve American education, Bill Gates said Monday.

"There is no reason we can't cure the top 20 diseases," Gates said while appearing with Buffett during a donation ceremony at the New York Public Library.

The Buffett and Gates families were beaming as the so-called Oracle of Omaha officially made his benevolence a reality.

"There is more than one way to get to heaven, but this is a great way," said Buffett. He presented the biggest gift to Gates, and \$1 billion donations to his own foundation and the foundations run by



BIG BUCKS: Bill Gates, left, and Melinda Gates listen as Warren Buffett fields a question about his charitable giving Monday at the New York Public Library.

each of his three children.

The Gates foundation, which has assets of \$30.6 billion, spends money on world health, poverty and increasing access to technology in developing countries. In the U.S., it focuses on education and technology in public libraries.

The money from Buffett comes

with a significant catch. The letter says Buffett wants all his money to be distributed in the year it is donated, not added to the foundation's assets for future giving. The foundation gave away \$1.36 billion in 2005, so the Buffett commitment would effectively double its spending. PAT MILTON (AP)

Johnson & Johnson Buys Pfizer Unit

TRENTON, N.J. | Johnson & Johnson said Monday it is buying Pfizer Inc.'s consumer health care unit for \$16.6 billion in a deal that strongly boosts J&J's smallest division.

The purchase would give Johnson & Johnson products including Listerine, Visine and Lubriderm to add to its stable of name brands. J&J will also gain nonprescription

Pfizer drugs such as Sudafed, Zantac and Nicorette.

Pfizer had been reviewing its strategic options for the division, which reported sales of \$3.9 billion in 2005, so it can focus on its prescription drug business. (AP)

Market Action

New York Stock Exchange

Gainers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
ExcelM	10.08	+1.08	+12.0
EnzoBio	14.54	+1.54	+11.8
INCO	64.21	+5.95	+10.2
FTD Grp	13.43	+1.21	+9.9
KindredH	26.04	+1.72	+7.1

Losers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
Prestige	8.55	-1.57	-15.5
BradPhrm	10.96	-1.03	-8.6
PhelpsD's	76.23	-6.72	-8.1
Zimmer	58.70	-4.33	-6.9
BungeL	49.00	-3.44	-6.6

Rates

	CURRENT	PREVIOUS WEEK	TODAY	PREVIOUS DAY	YEAR AGO
Prime Rate	8.00	8.00	British Pound	.5484	.5498
Fed Funds close	5.00	5.00	Canadian Dollar	1.1221	1.1241
3-month disc	4.91	4.83	European Euro	.7949	.7990
2-year	5.25	5.17	Japanese Yen	116.28	116.49
10-year	5.24	5.14	Mexican Peso	11.4175	11.4106
30-year	5.27	5.18	Taiwanese Dollar	32.67	32.70

NASDAQ Stock Market

Gainers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
SomeraCrs	4.22	+2.16	+104.9
LeadBrnd	4.47	+1.12	+33.4
ParticleDT	3.55	+.55	+18.3
Overstik	23.02	+3.34	+17.0
iomain	4.20	-.05	-1.2

Losers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
AnadysPh	3.69	-3.00	-44.8
ACS Tc80	4.30	-2.89	-40.2
ThomasGp n	11.38	-1.62	-12.5
Insightf	3.06	-.40	-11.6
CriticlTher	3.37	-.43	-11.3

Currency (Dollars in foreign currency)

	CURRENT	PREVIOUS WEEK	TODAY	PREVIOUS DAY	YEAR AGO
British Pound	.5484	.5498	.5488		
Canadian Dollar	1.1221	1.1241	1.1238		
European Euro	.7949	.7990	.8268		
Japanese Yen	116.28	116.49	109.13		
Mexican Peso	11.4175	11.4106	10.7670		
Taiwanese Dollar	32.67	32.70	31.35		

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S&P 500

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+0.49

1250.56

Biotech Stocks

STOCK

LAST

DAILY CHANGE

YEAR TO DATE PERCENT CHANGE

STOCK	LAST	DAILY CHANGE	YEAR TO DATE PERCENT CHANGE
Amgen	64.85	-.08	-17.8
Amylin	47.40	+.55	+18.7
BiogenIdec	45.00	+.01	-.6
Celgene s	45.65	-.26	+40.9
ChRvLab	37.57	+.14	-11.3
GenProbe	52.22	+.95	+7.0
Genentech	79.11	+1.90	-14.5
Genzyme	61.47	-.28	-13.2
GileadSci	55.79	+.22	+6.1
Imclone	39.38	-.70	+15.0
Invitrogen	65.50	-.06	-1.7
MedImmune	27.08	+.16	-22.7
MillPhar	9.93	-.04	+2.4
PDL Bio	17.50	+.03	-38.4
VertxPh	32.15	+.49	+16.2

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The number, in millions of dollars, of a math error in Virginia's compromise budget approved in the House and Senate last week. The two houses will meet Wednesday to review and vote on Gov. Kaine's correction of the mistake and another change.

Local



At Navy Yard, rider Scott Lund anxiously waits for his train to start moving.

Heavy Storms Play Havoc on Metro Service

WASHINGTON | Metro had problems with flooding downtown Monday, and most commuter rail lines suspended service for the day.

A Metro spokesman said the Federal Triangle station on the Blue and Orange lines was closed because of flooding. Trains were turning back at Metro Center on one side and the Smithsonian stop on the other side.

There was limited bus service to bypass the closure at Federal Triangle.

But Metrorail service was restored on the Yellow and Green lines after a section was closed for flooding between Gallery Place and L'Enfant Plaza. (AP)

Amtrak Says It Will Be Back on Normal Schedule

WASHINGTON | Amtrak officials are ready to put the rainy weather behind them. After train schedules were disrupted early Monday morning, the long-haul passenger carrier resumed service to and from locations north of the District by about 6:30 a.m.

Amtrak officials said southern services that were canceled most of the day had been resumed.

Amtrak officials said they expect to run a normal schedule Tuesday. Passengers may call 800-USA-RAIL or visit Amtrak.com for schedule information and train status updates. (AP)

Flooding Brings Area to a Standstill

Over 10 inches of rain forces roads, offices and museums to shut

WASHINGTON | In a city that always seems to be in a hurry, Monday's soggy weather forced almost everyone to slow down.

Water and mudslides blocked highways. Commuter rail lines sputtered. Some federal office buildings closed, and other government workers were given liberal leave.

For tourists Sonja Hawn and her two young children, of Laurinburg, N.C., Monday's intermittent rain after a deluge of up to 10 inches made the National Mall a damp but not disheartening place. Hawn said Metro subway system problems forced them to walk at least 20 minutes to the National Museum of American History only to find it closed by the weather — but she took it in stride.

"We're going to make the best of it," Hawn said, adding they would try to visit the National Museum of the American Indian instead. She said they would try to come back to the American History museum later in their visit.

Although the federal government remained open, several agency buildings were closed because



Two hoses pump water from the flooded IRS building onto 12th street Monday in Washington. The hoses had been pumping out the facility since early morning.



TREE FALLS ON EXECUTIVE BRANCH

→ A large elm tree fell on the White House grounds after a weekend of heavy rains soaked the region and sent trees falling onto power lines and roads. Secret Service spokesman Jonathan Cherry said the tree did not damage the White House on Monday, and no injuries were reported. The elm fell near the president's front door and partially blocked a roadway leading to the White House on the Pennsylvania Avenue side of the building. (AP)



The water in Eden Ozsinanlar's home in Alexandria did not recede until 2 a.m.

of flooding, including the Internal Revenue Service headquarters, the Commerce Department, Justice Department and the National Archives — home to the Declaration of Independence, Constitution and other historic documents.

The National Archives and the IRS will remain closed Tuesday, spokeswoman Susan Cooper said. Despite the high water, all records and national treasures remained "safe and dry," she said.

The Commerce building had flooding in the basement, and elevators and air conditioners were inoperable. DAVID DISHNEAU (AP)

The Lotteries

Monday, June 26

DISTRICT

Mid-day Lucky Numbers	5-3-5
Evening Lucky Numbers	1-4-8
Mid-day DC 4	4-2-6-0
Evening DC 4	0-8-0-2
Rolling Cash Five	3-26-17-16-35
Daily 6	13-34-35-11-5-9 (30)

MARYLAND

Mid-day Pick 3	7-5-7
Evening Pick 3	4-1-3
Mid-day Pick 4	1-4-7-3
Evening Pick 4	8-3-9-6
Match 5	6-11-14-27-28 (22)

VIRGINIA

Mid-day Pick 3	2-5-4
Mid-day Pick 4	0-9-7-9
Mid-day Cash 5	08-20-29-31-32

All winning numbers are official only when validated at a lottery ticket location or a lottery claims office. Drawings that occur after Express's deadline will be published two days later.

Herniated Disc Technology Discovered by NASA Scientists

A new free report has recently been released that reveals how breakthrough medical technology is offering new hope for sciatica sufferers. Discover how research has proven non-surgical spinal decompression 86% successful in treating debilitating back pain. Find out how why astronauts don't have back pain and how NASA's accidental discovery lead to the most promising treatment today. For your free report entitled, "How Space Age Technology Is Solving Back Pain Without Drugs Or Surgery!" call 1-800-357-5039 for the toll-free 24 hour recorded message. Supplies are limited - call now. If phone lines are busy, visit: www.DiscReportVA.com

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World Cup '06



RED TIDE: Referees at this year's World Cup have been giving out red cards left and right, and have already passed the 1998 record for most reds in a Cup. There have been 24 red cards in 53 games this year. The previous record was 22 in 64 matches.

Late Penalty Puts Italy in Quarters

After 90 minutes of scoreless action, Totti nets game-winning PK

WORLD CUP | In a World Cup increasingly influenced by referees, a questionable penalty sent Italy into the quarterfinals over a surprisingly stout Australia with a 1-0 victory Monday.

The Aussies played even with the favored Italians, carrying a scoreless tie into the third minute of added time.

But with 12 seconds left, Lucas Neill was called for fouling Fabio Grosso — a judgment that first had the Socceroos howling in protest, then shaking their heads in bitter defeat.

Grosso was dribbling just few strides from the goalmouth when Neill slid in front of him. The Italian cut in Neill's direction and tried to leap clear, but tripped over the defender's back.

Moments later, Francesco Totti sent his penalty kick high to the right of goalkeeper Mark Schwanzer, who guessed correctly but couldn't stretch far enough to stop the ball.

With no time to restart, the Italians started celebrating.



FRANCESCO TOTTI GETS SET TO STRIKE THE GAME-WINNING PENALTY KICK, AWARDED TO ITALY WHEN AUSTRALIA'S LUCAS NEILL TRIPPED FABIO GROSSO IN THE BOX IN THE FINAL SECONDS.

Francesco Totti gets set to strike the game-winning penalty kick, awarded to Italy when Australia's Lucas Neill tripped Fabio Grosso in the box in the final seconds.

Brazil's Robinho Out With Injury

WORLD CUP | Robinho will not play for Brazil against Ghana in the second round of the World Cup because of a right thigh injury.

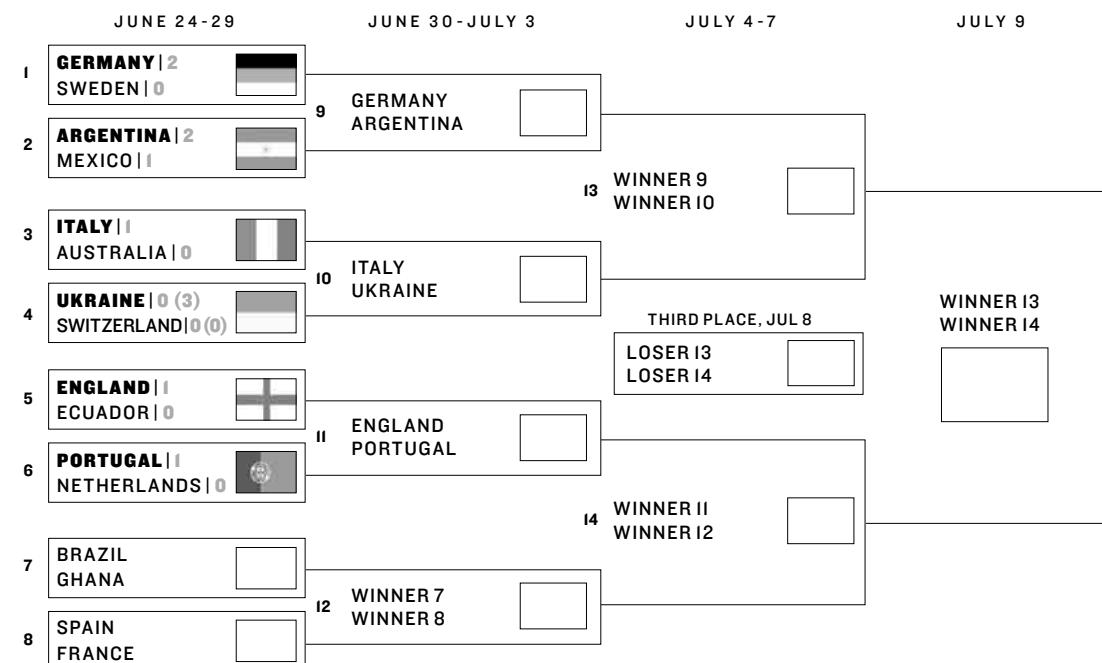


Robinho

The striker, who had medical tests in Cologne after being injured in Saturday's training, is not seriously hurt, the Brazilian Soccer Confederation said Monday.

Brazil doctor Jose Luiz Runco said there is a "great possibility" Robinho will be available to play in the quarterfinals if the heavily-favored Brazil beats Ghana today. (AP)

ROAD TO GLORY | GERMANY 2006



Swiss Fall To Ukraine In Shootout

Rookie squad makes 3 spot kicks to advance in first ever World Cup

WORLD CUP | Ukraine made the quarterfinals in its first World Cup by blanking Switzerland for 120 minutes Monday night, then shutting out the Swiss in a shootout, 3-0.

Goalkeeper Oleksandr Shovkovskyi didn't have to work very hard all night, especially in the shootout. Two Swiss misses were right at him, the other went off the crossbar.

Meanwhile, Artem Milevskiy, Serhiy Rebrov and Oleg Gusev all hit the net, putting Ukraine in a match Friday against Italy.

"We suffered a lot and we're happy to have won for all Ukrainians," striker Andriy Shevchenko said.

The Swiss were stunned at their lack of marksmanship.

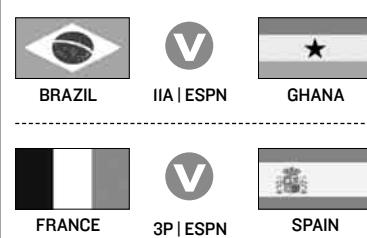
"We put in a good performance and I hope all of Switzerland is still behind us," defender Ludovic Magnin said. (AP)

HEARSAY | SOCCER

"Maybe we don't look like world champions yet, but perhaps in two weeks' time we will. We can't be world champions today."

— ENGLAND COACH SVEN-GORAN ERIKSSON ON HIS TEAM'S PLAY SO FAR IN THE WORLD CUP. ENGLAND IS IN THE QUARTERFINALS.

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Sports



KIRSTY WIGGLESWORTH/AP
A lone fan sits with an umbrella along No. 7 court at Wimbledon waiting for play to resume. For the 11th straight year, rain interrupted the English tennis tournament.

Surprise! Wimbledon Halted by Rain Storm

Tournament is broken up by weather for the 11th consecutive year

TENNIS | In what hardly qualifies as an upset, Wimbledon began with a rain delay Monday.

The tournament tradition was renewed even though southern England has been in a drought. Showers moved in after two weeks of warm, mostly dry weather, making it the 11th consecutive year Wimbledon has endured at least one interruption.

Play was delayed for 59 minutes at the start on the outer courts

before a dry spell allowed about 30 minutes of tennis. Then came a delay that stretched beyond five hours, forcing officials to postpone 46 of the 64 scheduled matches.

Martina Hingis, playing at Wimbledon for the first time since 2001, won the first set against Olga Savchuk 6-2 before their match was suspended. Hingis, Wimbledon's youngest champion in the Open era when she won the title at 16 in 1997, began a career comeback in January after a three-year injury layoff.

"We'll all be used to this by the end of the fortnight, I'm sure," James Blake said. STEVEN WINE (AP)

MLB

AMERICAN LEAGUE

EAST	W	L	PCT.	GB	HOME	ROAD
Boston	44	28	.627	—	22-15	25-13
N.Y. Yankees	42	31	.575	2.5	22-15	20-16
Toronto	41	34	.547	4.5	24-16	17-18
Baltimore	35	42	.455	11.5	22-20	13-22
Tampa Bay	33	43	.434	13	18-17	15-26

CENTRAL	W	L	PCT.	GB	HOME	ROAD
Detroit	51	25	.671	—	23-14	28-11
Chicago	49	26	.653	1.5	29-11	20-15
Minnesota	39	35	.527	11	24-10	15-25
Cleveland	33	41	.446	17	20-19	13-22
Kansas City	24	50	.324	26	15-20	9-30

WEST	W	L	PCT.	GB	HOME	ROAD
L.A. Dodgers	40	35	.533	—	23-16	17-19
San Diego	39	36	.520	1	19-21	20-15
Colorado	38	37	.507	2	20-18	18-19
San Fran.	37	38	.493	3	20-20	17-18
Arizona	37	39	.487	3.5	19-20	18-19

NATIONAL LEAGUE

EAST	W	L	PCT.	GB	HOME	ROAD
N.Y. Mets	47	28	.627	—	22-15	25-13
Philadelphia	35	39	.473	11.5	18-23	17-16
Florida	32	40	.444	13.5	15-17	17-23
Washington	33	44	.429	15	15-19	18-25
Atlanta	32	44	.421	15.5	14-20	18-24

CENTRAL	W	L	PCT.	GB	HOME	ROAD
St. Louis	42	32	.568	—	24-13	18-19
Cincinnati	41	35	.539	2	17-19	24-16
Houston	38	38	.500	5	25-18	13-20
Milwaukee	37	39	.487	6	25-17	12-22
Chicago	28	46	.378	14	12-20	16-26
Pittsburgh	26	51	.338	17.5	18-20	8-31

WEST	W	L	PCT.	GB	HOME	ROAD
L.A. Dodgers	40	35	.533	—	23-16	17-19
San Diego	39	36	.520	1	19-21	20-15
Colorado	38	37	.507	2	20-18	18-19
San Fran.	37	38	.493	3	20-20	17-18
Arizona	37	39	.487	3.5	19-20	18-19

Standings through June 25's games

HOVA, STILL NOT OVA: Jay-Z is well on his way to becoming the Cher of hip-hop. The rap star and mogul, who went into semi-retirement and has groused about leaving the biz altogether, is planning an international tour. How can we miss you when you won't go away?



Entertainment

On TV: White People

George Lopez and the NAACP lash out at the major nets' plans

PROMISES BROKEN | When it comes to upcoming comedies on the four major broadcast networks, diversity doesn't seem to be a laughing matter.

Although new and veteran dramas have large casts heavily populated with minorities, none of the 11 comedies premiering this fall on ABC, CBS, Fox or NBC features a minority in a starring role. While several new comedies feature minorities in ensemble or supporting roles, other sitcoms such as CBS' "The Class," NBC's "Twenty Good Years," Fox's "Happy Hour" and "The Winner" have all-white casts. None of the 12 performers spotlighted this week in Fox's "Fresh Faces for Fall" news release for its new comedies and dramas were minorities.

NAACP President Bruce Gordon said he was concerned about the absence of any black stars in new comedies on the major networks.

"We are losing important ground," Gordon said in the group's analysis of the new season. "The lack



BYRON J. COHEN

'PLANTATION SYSTEM' DISAPPOINTS LOPEZ: It wasn't so long ago that Bernie Mac and Cedric the Entertainer had shows, but Lopez says the networks "got afraid."

of African-American leads in sitcoms is unconscionable."

Gordon said he planned to meet with network executives in the coming weeks to discuss the issue.

George Lopez, the one remaining minority lead of a major network comedy, who has been critical of the industry for failing to develop comedies around minority performers, was not surprised by the study's results.

Lopez, star of ABC's "George Lopez," entering its fifth season, called the TV studios "modern-day plantation owners. They are only concerned with the problems white people have, and they cast all these cute white people. It's really sad and I've seen it from the inside."

The criticism of the four networks revives a charge made by former NAACP President Kweisi Mfume in 1999 when he said that the four major networks were perpetuating a "virtual whitewash."

The networks denied the accusation, but a continued campaign by him and other ethnic advocacy groups eventually led to an agreement to boost minority representation in front of and behind the camera. GREG BRAXTON (LOS ANGELES TIMES)

Today's Top Stops

FOR COMPLETE EVENT LISTINGS SEE WASHINGTONPOST.COM/ENTERTAINMENT



"Small Picture of a Regatta," 1922.

Klee and America: Anything but Neutral

Primitivist, faux-naif, visionary — Swiss artist Paul Klee remains as hard to define today as he was in his heyday, the early part of the 20th century. The Phillips Collection presents 80 glorious Klee's, many of them owned by celebrity collectors.

Phillips Collection, 1600 21st St. NW; through Sept. 10; 202-387-2151. (Dupont Circle)

Continued on page 16

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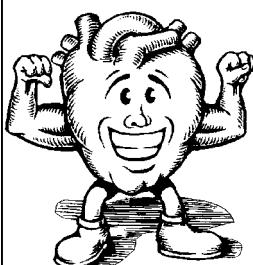
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CLICK (PG13) ☐ 11:15, 2:00, 4:45, 7:30, 10:15
WAIST DEEP (R) ✓ 11:00, 11:45, 1:45, 2:30, 4:30, 5:15, 6:30, 7:15, 8:00, 9:15, 10:00, 10:30
FAST AND THE FURIOUS 3 (PG13) 12:50, 1:50, 3:50, 4:50, 6:50, 7:50, 9:50
GARFIELD 2 (PG) 11:50, 1:05, 2:10, 3:20, 4:20, 6:55, 9:10
NACHO LIBRE (PG) 11:25, 12:25, 2:05, 2:50, 4:25, 5:10, 7:00, 7:45, 9:25, 10:10
CARS (G) 11:35, 12:35, 2:25, 3:25, 4:15, 5:20, 7:20, 8:05
THE OMEN (R) 11:55, 2:40, 5:25, 8:00, 10:35
THE BREAK-UP (PG13) 1:35, 4:10, 5:25, 7:05, 8:10, 10:45
X-MEN 3 (PG13) 11:20, 2:15, 4:55, 7:55, 10:30
THE DA VINCI CODE (PG13) 12:05, 3:35, 7:25, 10:40
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MISSION: IMPOSSIBLE III (PG13) 6:25, 9:20

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THE LAKE HOUSE (PG) 11:40, 2:20, 5:00, 7:40, 10:25
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FAST AND THE FURIOUS 3 (PG13) 1:30, 4:15, 7:15, 9:50
GARFIELD 2 (PG) 1:30, 3:00, 5:00, 7:20, 9:30
NACHO LIBRE (PG) 1:00, 3:15, 5:30, 7:45, 10:00
CARS (G) 1:15, 4:00, 7:00, 9:45
THE BREAK-UP (PG13) 1:15, 4:10, 7:10, 9:50
X-MEN 3 (PG13) 1:30, 4:30, 7:30, 10:00
THE DA VINCI CODE (PG13) 6:15
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GARFIELD 2 (PG) 12:15, 2:15, 4:15, 10:15
GARFIELD 2 (PG) ☐ 12:15, 2:15, 4:15
CARS (G) 1:00, 4:05, 7:00, 9:45
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WAIST DEEP (R) ✓ 1:30, 4:30, 7:15, 9:45

FAST AND THE FURIOUS 3 (PG13) 1:50, 4:20, 7:10, 9:50

FAST AND THE FURIOUS 3 (PG13) ☐ 1:50, 4:20, 7:10, 9:50

NACHO LIBRE (PG) 12:00, 4:20, 7:20, 10:00

THE OMEN (R) 7:50, 10:45

THE BREAK-UP (PG) 1:10, 2:30, 5:10, 7:45, 10:35

X-MEN 3 (PG13) 1:00, 3:30, 6:30, 9:00

THE DA VINCI CODE (PG13) 12:05, 3:40, 7:35, 10:20

OVER THE HEDGE (PG) 1:10, 3:15, 5:45

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THE LAKE HOUSE (PG) 12:15, 1:45, 2:45, 4:15, 5:15, 7:00, 8:00, 10:30

A PRAIRIE HOME COMPANION (PG13) 11:55, 2:50, 5:30, 8:15, 10:40

AN INCONVENIENT TRUTH (PG) 11:50, 2:10, 5:00, 7:40, 10:10

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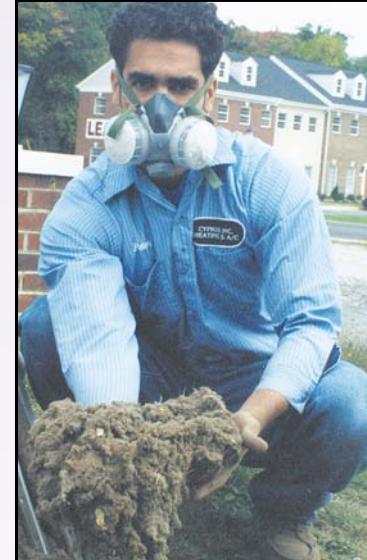
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Entertainment



IN CAHOOTS: Disneyland will unveil a revamped Pirates of the Caribbean ride on June 26, just in time to remind the kiddies that a movie of the same name hits screens on July 7. In fact, an animatronic "Jack Sparrow" is part of the attraction's, well, attractions.

It's Better to Burn Out

Keane reaches the top, gets weary and continues working

HARDSHIP | On paper, 2005 couldn't have been a better year for Keane.

The first album by the melodic British pop trio, "Hopes and Fears," went gold, they opened for U2 at Madison Square Garden and were nominated for a Grammy.

Yet as the year drew to a close, Keane was miserable. Constant touring had left them overwhelmed and embittered, and the childhood friends — bandmates Richard Hughes, Tim Rice-Oxley and Tom Chaplin — were wearing on each other's nerves.



WHILE MY PIANO GENTLY WEEPS: Singer Tom Chaplin (left) lives in a world perva-
ded by fear and crisis. May we all be so lucky. JIM COOPER

"I think we were pretty spent," said drummer Hughes. "It seemed to us like we'd been touring a long

time and we'd stopped communicating and sort of started to shut ourselves off just to survive, and you

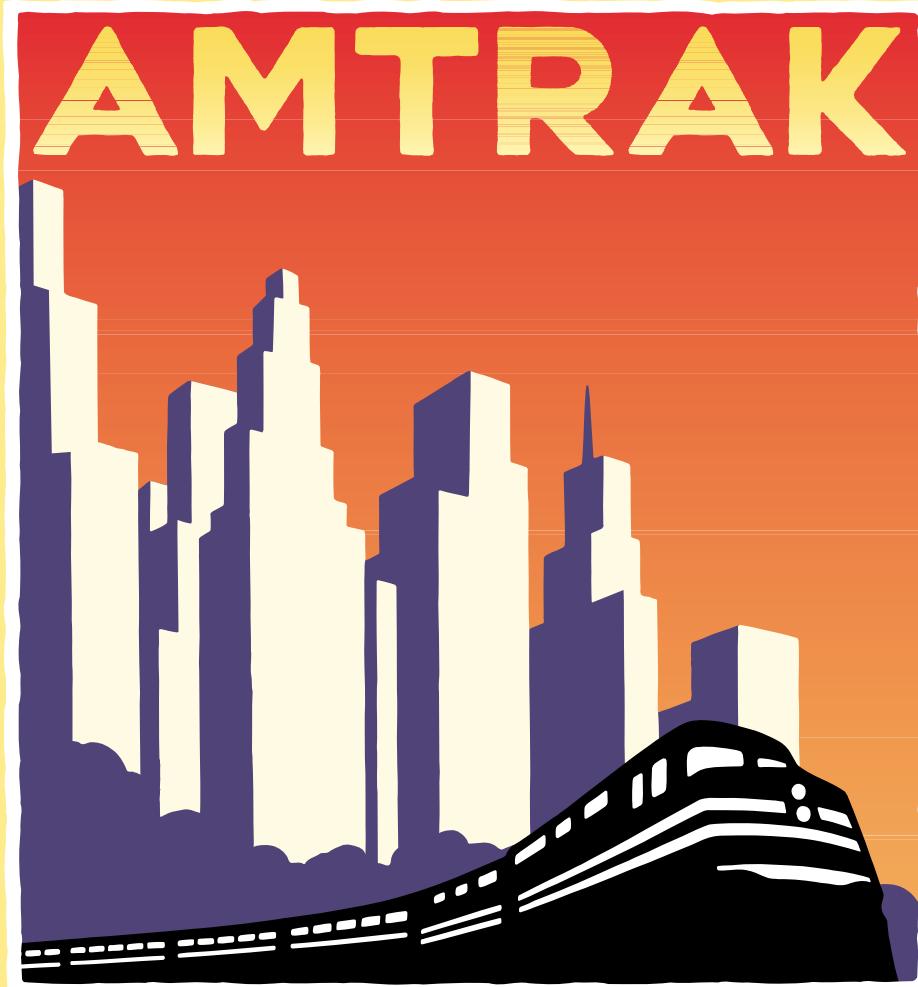
enter a sort of crash mode."

Still, when they had a chance to take a break from it all — and each

other — they didn't. Instead, they headed right back to the studio to work on their second album, "Under the Iron Sea."

The result: another critically acclaimed disc that shows they must have done something besides bicker while on the road. The album finds Keane moving away from the acoustic, piano-centered ballads that drew comparisons to Coldplay back in 2004. While Chaplin calls the "Under the Iron Sea" Keane's "big rock record," he also hopes listeners pay attention to the lyrics, which touch on the turbulence within the band and in the world.

"I think our personal lives seemed to be colored by this kind of sense of fear and of crisis that kind of pervades every element of it, whether it's just feeling that you are just sort of powerless in the world that we live in," Chaplin said. "I suppose it's trying to kind of digest the world around us, but on a very personal level." **NEKESA MUMBI MOODY (AP)**



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Television

ON TV TONIGHT

THE OTHER MANHATTAN PROJECT

NEW YORK'S SECRET WAR (10 p.m., Court TV) looks at the Big Apple's own super-secret antiterrorism squad. Since the attacks of Sept. 11, 2001, the taskforce has grown tenfold and now employs more than 1,000 officers, with an annual budget of \$200 million.

A PAINFUL LEGACY

July 1 marks the 90th anniversary of the Battle of the Somme. **THE BLOODIEST**

BATTLE (10 p.m., National Geographic) recalls the conflict considered the bloodiest day in the history of human warfare—up to 20,000 lives claimed in its first hour.

WE ALL WANT TO STALK HIM; WE JUST DON'T HAVE THE GUTS.

WE JUST DON'T HAVE THE GUTS

On back-to-back episodes of **HOUSE** (Fox), a patient stalks House (8 p.m.),



LITTLE HELPERS: Dr. House is not at home unless he's surrounded by pills.

a question of error (9 p.m.)

CULT CHOICE

A bounty hunter (Jimmy Stewart) pursues a bad man (Robert Ryan) in the 1953 Western **THE NAKED SPUR**.

In the 1953 Western **THE NAKED SPUR** (10 p.m., TCM). KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

Too Many Kooks

Reality makeover shows thrive while 'Queer Eye' flails

MAKEOVER | There's nothing like a wedding ceremony to unhinge a formerly secure mind. Asher and Tsiliiana are freaking out over their upcoming nuptials — their families are at war over the wedding style, tone and religious content.

It's the Fab Five to the rescue on this gimmicky Las Vega-centric season of "Queer Eye for the Straight Guy" (10 p.m.). Carson, Kyan, Jai, Ted and Tom swoop in like Shakespearean nursemaids and



Ted Allen has a future, and it's not advising Kate Hudson on her love life.

help the distressed couple elope.

Which highlights a prominent fray of the reality-makeover genre as it explodes in popularity. Will either of these two families (one Orthodox Jewish) with deep emotional investments in their kids' wedding be satisfied if the kids run off?

It's a shame to see this spiffy little vehicle putt-putting on fumes. It's not a makeover when parties involved know they need a style boost, and it's not reality when the tertiary characters must play along.

At this point, the Queer Eye Guys themselves are caricatures — more singing mice helping Cinderella run up a ball gown than acerbic experts presiding gleefully over some clueless schlub's back-waxing. Only Ted Allen gets out of this with his dignity. **ARION BERGER (EXPRESS)**

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DENTAL FRONT DESK

sp.,5 F/T. Exper. in dental insur., claims & billing. Ft. Wash, MD FAX resume: **301-749-6803**.

DENTAL HYGIENIST

In Fairfax area. Flexible hours & days. Please contact Farah 703-560-1660.

DENTAL RECEPTIONIST

FT/PT. Dental exper. only. Dentrix knowledge helpful but not required. Not metro accessible. FAX resume to: 703-502-9580 or **CALL 703-818-1500**

DENTIST-GEN/HYGIENIST

sp.,5 2 locations. Ft. Wash. & Sil. Spg., MD. **FAX resume: 301-749-6803**.

DIETICIAN/COOK—DC firm seeking Dietician to prepare meals for group agency. Food handlers license a must FT/PT. Please fax resumes to HR: 202-832-3099

DRIVER — CDL-A w/6 mos of flatbed exp. Local/Regional. Private owner. Good pay. **CALL: 240-421-2798**

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CLASS A TRUCK DRIVER

Small company seeks class A CDL for local & long distance. Call Charles at 240-832-7989.

DRIVER - CLEANER

For maid service, knowledge of DC streets. Must have good refs. & driving record. M-F 7:30a-4p. 301-350-7000

DRIVER — Couriers needed. Must have exper. Earn \$800 to \$1000/week. 703-785-0115

DRIVER/Dump Truck

CDL required, clean driving record. Good pay. Call 301-916-4121.

DRIVER

Experienced, CDL for dump truck. Clean driving record. \$16/hr. Call 301-399-1111.

DRIVER — FT/PT positions for Washington Flyer Coach Service.

Seeking career-minded drivers with CDL B/Passenger endorsements & air brakes. Must have a CDL 2 yrs. with a clean driving record for the airport shuttle service. Excellent customer service skills & strong knowledge of Dulles area. Strong English pref'd. Luggage handling req'd. Contact Susan, 703-572-7635.

DRIVER — Looking for exp'd Box Truck Driver. **CALL: 571-330-2587.**

DRIVER

Truck Drivers Wanted

Swimming pool Co. located in Fairfax, VA and Silver Spring, MD is hiring for the 2006 Summer season. We have FT and PT seasonal positions available starting now. These positions are daytime Mon-Sat. Must have a Class B CDL w/tanker, HAZMAT, and Airbreak endorsements, to deliver swimming pool chemicals and supplies out of either location.

We have several position available. Call Robert **1-800-992-6286**

DRIVERS

Expanding No. VA delivery co. seeks drivers with own car, pickup or van. FT. Very busy. Start ASAP/ call 703-961-8778

DRIVERS

Growing courier co. needs FT/PT Drivers for route and on demand deliveries in Metro DC, your vehicle \$500-\$1500/week. America's Courier 800-983-3934

Drivers - immed. wanted, whole bags from terminal to loading dock at National Airport. M-F 8-4pm. Sat. 4pm-close. 703-507-0400.

DRIVERS

Looking for professional & reliable drivers. Driver's license a must. CDL & PSC certification a plus but not req'd. Please call 301-762-8200 ask for Quinton between 6am & 2pm

DRIVERS

Tractor trailer. Local deliveries. 5-day/wk. 301-350-5622

JOBS

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Education

READING SPECIALIST

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Education

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Commercial. Good teamwork, competitive wage, 401K, insurance & benefits. CALL Sandy, Richardson E.C. at **301-934-1110**. FAX: **301-259-4422**.

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Essential Functions and Responsibilities:

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- Review and explain financial aid eligibility with parents and students.

Education:

High school diploma or equivalent. Bachelor's Degree preferred.

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Mortgages/Fin. Svcs. Willing to educate. Call Steve 202-390-2668.

Healthcare/Nursing

CNA's & HHA's
Capital City Nurses is seeking DC licensed CNA's & HHA's to work FT & PT. AM & PM hours. Must have prev. nursing home or hospital exp. current: lic., CPR & Health Cert.

Call **301-986-9129**

Send resumes to:

James Green, Director of Financial Aid jgreen@sbls.org

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Major hotel chain looking for exp'd personnel for the following:

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HVAC Lead Techs & Plumbers — Boiler exp. Also need a project Mgr w/ bidding & estimating exper. **202-832-3420**.

LAB AIDE

MAPS a Path lab seeking F/T lab aide w/BS in Biology btwn 7am-3pm. Sterling. FAX resume to: **703-404-1131**.

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MORTGAGE

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Payroll/Benefits Administrator

FT Payroll/Benefits Administrator position available at Congressional Country Club in Bethesda. Responsibilities include payroll processing & benefits administration for 280-380 employees. Minimum of 3 yrs exp req. Must be proficient in Excel & Word. Excellent communication skills a must. Spanish speaking and previous work exp w/Certidian Payroll Software a plus.

Fax/mail resume and salary requirements to 301-469-2036 or Human Resources Manager, CCC, 8500 River Road, Bethesda, MD 20817.

Plumber/Fitter

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Preschool Asst Teachers—Well Est. accredited Preschool program in Annandale has openings for Asst Teachers for Sept-May, Toddler-Pre K. PT 10-28 hrs wk, 3-6 hrs day, 8:30a-2:30p. High school diploma and exper working with children in a group setting. Email resume: jfarber@annandale-umc.org or fax to 703-256-2277.

REAL ESTATE

Greenbelt settlement office needs exper Processor in purchases & refinances.

E-fax resume to 301-576-5406.

Realtors Asst—Full commission Nisha 571-212-1855

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Please Submit Resume and Salary History mrinaldo@pyl.com

Please visit us at www.odyssey.com for company history



Managers

Denny's Restaurant, 4445 Benning Rd., NE is currently hiring high energy managers to work in a fast paced results oriented restaurant. Minimum of 1 year restaurant experience required. CALL 202-399-7526 or FAX resume to: 202-399-7257 Attn: Vladimir.

Restaurant - Server Positions

Bartenders & servers are sought for full time position for a new full service Italian restaurant in the Leesburg, VA area. To apply, please e-mail your resume to dine@lapergola.us or fax it to 703-759-0457

Restaurant

WORKING CHEF

Army Navy Country Club has an immediate opening for a Working Chef. Min. 5 yrs exp. To apply, please fax resume 703-521-2647 or email: Marie.Lewis@ancc.org

RETAIL

IMMEDIATE OPENING

FDY, Inc. has an immediate opening for a Retail Supervisor with at least 2 yrs exp. (preferable fast food) to assist in the operation of several fast food venues on Howard Univ. Campus. The applicant will assist in purchasing, inventory controls, employee supervision, sales deposits & reporting. Salary range \$29,000-\$31,000 with additional competitive compensation pk. Fax resume to 202-315-3037 or contact 240-417-4525 for appointment or e-mail jrschloss@gmail.com

Retail

MANAGERS & ASST. MANAGERS

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AKC, L/W, \$500/F, \$400/M, 304-728-0954

FRENCH BULL DOG—7 mo. M, Honey piebald, looking for a good home, adorable, playful, has had all shots, \$800/NEGO. 301-669-9488

GERMAN SHEPHERDS—Black & red. Females pups. SV rated. AKC registered. \$400. 301-474-3240

IRISH WOLFHOUND PUPS—AKC, exc ped. Lg huffy beautiful \$1200 317-539-4340 / 317-563-2579

Kitten—Kittens for adoption to approved homes. 6 boys 2 girls. 1st vaccine. \$30 fee 540-937-8940 571-246-2010

LABRADOR DOG—Beaut puppies born 5/19/06. Choc/Yellow/Chestnut. Ready to go, 7/3 540-338-6224

POODLE PUPS—toys & minis, lots of colorS, CKC reg., health guar, M's \$350, F's \$450. 540-967-0124

YOU DON'T HAVE TO DRIVE TO BALTIMORE ANYMORE! SCALES Tropical Fish Warehouse, 744 Cloverly Street, Silver Spring, MD 20905. 301-384-7839 scales-tfw.com

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All advertisements for the sale or rental of dwelling units published in Express are subject to the federal Fair Housing Act, which makes it illegal to advertise "any preference, limitation, or discrimination because of race, color, religion, sex, handicap, familial status or national origin, or intention to make any such preference, limitation, or discrimination." State law forbids discrimination based on factors in addition to those protected under federal law.

Express will not knowingly accept any advertising for real estate which is in violation of the law. All persons are hereby informed that all dwellings advertised are available on an equal opportunity basis.

**RENTALS**

16th St NW—4 BR, 2½ BA Colonial w/gar. Near Rock Creek Park & Metro. \$2750. Call 443-226-3773. **1BR/2BR Specials**, 1/2 off of security deposit! w/w crpt, balcony, laundry, d/w, hdwd flrs, close to Metro. From \$850 - \$965 + electric.

6747 RIVERDALE RD

DELWIN REALTY 301-577-7917
400 51ST ST SE—2BR nr bus/Metro. Sec entr. Pvt laundry rm. Off-st pkg. Heat & gas incl

Call 202-396-1066

ALEX 1ST MONTH FREE RENT
Move in Today
Alexandria 1BR w/study
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Alexandria City/Rt 1
Highrise, Garden Apts & Townhms
Numerous Amenities!

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\$275 Move-in Credit
4th Mo Rent 1/2 Credit**

Carydale East
Carydale Village
*Holy Court
*Rolling Hills
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703-780-6244
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ALEXANDRIA—2 BR/1 BA, diplx, new hw flrs, lg yrd/attic, CAC, w/d, CBL. Easy commute to Pentagon, Old Town & DC. Pets ok. Creative terms. \$1750/mo 240-381-1064

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Btw. 21st & 22nd St.

* Financial Aid Available If Qualified * Placement Assistance Available

Arlington, Alexandria, Manassas
Financial Aid For Those Who Qualify
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Programs vary by campus

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RENTALS

ALEX—2BR, 2BA condo, wash/dry, mins to Metro, bus, 395, 495, 95, \$1400. 571-332-0193

Alexandria EHO

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Convenience, Comfort & Magnificent Views!

Effcs fr \$775
2BR from \$1250

1BR from \$945
3BR from \$1520

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Alexandria EHO

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Gorgeous 1 & 2 BR

Apartment Homes From \$999

ParcView Apartments

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M-F 8-5, Sat 10-5, Sun 12-5

*Restrictions Apply, Call for details

ALEXANDRIA AFFORDABLE LUXURY!

1BRs fr \$895 2BR fr \$985

3BR from \$1415

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2 BRS from
\$1140

Quiet & Friendly Community in Fort Washington

All Utilities Included
Waived Application Fee with Ad

Call for details

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Free Gas & Electric

1, 2 & 3 BRs.
Near Southern Ave Metro
Spacious floorplans.
Pet friendly community!

*Housing Choice
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Free Gas, Electric, Water
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Dishwasher
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Se habla Español

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1/2 OFF App Fee
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Spacious 2 BR
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REALTY HOLDINGS LLC

1 & 2 BR Available

Washington Apartments

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1201 6th Street NW

ELKRIKE—New construction. 3BR/2.5BA TH, 2 car

garg. \$2,000/mo + util. \$1000 sec dep.

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QUIET NEIGHBORHOOD

3 BR 2 1/2 BATH 3 LEVEL OVERSIZE END UNIT

TWNHSE W GARAGE PVT DECK CLOSE TO GVT CTR

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3BR,2.5 BA,hdwdflrs,dek,upgrd kitchn cab/applianc,lxry MBA, MBRw Walkin clst.Dan 703-362-0736

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Right off the Beltway!

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2BR 1.5BA. \$1250/mo. all utils incl.

Call 703-926-0269, Irene at L. Wu Realtor &

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Eff fr \$855

1BR fr \$955

2BR fr \$1205

All Utilities Included!

Mins from 395, near Pentagon City

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Military Discounts!

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Brand new 2BR, great view, river, maple flrs, Stl kit,

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SPECIAL: MOVE IN BY 7/1/06

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On-Site Parking, Walk Metro

Upgraded Apts, 182BRS

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ASPEN HILL—2BR end unit TH, granite, SS applincs. w/d, gated community, swimming pool. convenient

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BETHESDA—Newly remod. 1BRs fr \$1345. 2BRs fr \$1660. Incls. util. & prkg. Avail. July & Aug. Near Metro, NIH, shops. No pets. 301-656-1306

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BETHESDA-Whitman/Pyle \$2,950

Rental. Cape Cod, 3 BR, 3 BA, new kitchen

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BRISTOW—3 BR, 2 1/2 BA, 3 IV, fnshd bsmr, gar, w/d, a/c, \$1,850/m. 571-261-3792

Camp Springs EHO

MetroPlace At Town Center

1BR \$1340 2BR/1BR \$1560

• Across from Branch Ave Metro

• Fireplaces, bay windows, patio/balconies*

• Tennis Court, Pool & Indoor basketball court

• Washer/Dryer in every apt

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If 2BR + den, 2 1/2 BA new lux TH, 1 car gar. Walk to Branch Ave Metro. \$1850/mo. Call 301-792-3640

CAP HTS/5007 Emo St — Renov 5 BR. \$1595.

Section 8 ok. 202-722-5412

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CAP HTS

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- Dynamic 1 & 2 bedrm apts, including optional lofts
- Individual washers and dryers
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- Fully-equipped fitness ctr. Indoor racquetball crt
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SE—2,3,4,5BR Apts, avail. Sect 8 Welr for more info 202-678-5600

SE: 3109 MLK, Jr. Ave.—1BR \$595 + utils. 3 blks. from W.Gas. 1 block from Fire Station

Open houses: July 1 & 2, 8-20AM

Manager: 202-215-1190

WaggaMan Corp. 202-537-8970

Housing Choice Voucher Welcome

Equal Housing Opportunity

SE/3325 MLK AVE—New W/W carpet, wk in closets, sec building, laundry, Nr Metro. \$475+util.

DELWIN REALTY 202-561-4675

SE/3748 1st St.—Large 1BR Secure bldg. Near Metro, pvt prkg. \$565+util **DELWIN REALTY** 202-561-4675

SE: 4010 9th St.—1BR \$700+. Totally remodeled, hardwood floors, A/C, balcony, Southern Avenue Metro. Laundry room on-site.

Open House: June 30/July 1 8-11am

Manager: 202-270-1319

WaggaMan Corp. 202-537-8970

Housing Choice Voucher Welcome

Equal Housing Opportunity

SE/4762 S CAP TERR—Lg 2BR, renov, priv ent, nr metro. \$700+util

DELWIN REALTY 202-561-4675

SE/NR METRO/CAP HILL—1BR 1BA, \$1300. 328-A 15th St. Call 703-674-7924 or 7923

SE—Renovated apts. Section 8 welcome. 1 BR, \$1100/mo. 2 1/4 BR \$2200/mo. Call Omar, 202-431-4009

SIL SPG/20906—4BR/2.5BA, 4 1/2, Ig hse, sep. DR & LR, new paint, fpl, fin bsmt, nr shopping Avail imm. \$1975/mo. 240-601-6777

SIL SPG—5BR 3 1/2 BA, full bsmt, nr metro/bus/shpng 804-815-2179

SIL SPG/Downtn—Lx TH. 3 BR, 2 1/2 BA. Double car gar. HOC welc. Avl Jul 1. \$2100 nego. 301-987-0567

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- Laundry on every floor
- Wall-to-Wall Carpet
- Spacious Bedrooms
- Pools, playgrounds, bball court
- Much, Much more!

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Just a few steps from the Silver Spring Metro; walking distance to 2 new shopping centers, the AFI Silver Theater, the Discovery Channel building; and soon-to-be neighbors with a brand new health club and Borders Books - you couldnt ask for a better spot!

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Silver Spring, Maryland

2BR Apt Available Immediately

1 Blk from Silver Spring Metro

Free Parking & Fitness Center

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STAFFORD

5BR 3 1/2 BA SFH for rent. \$1990. Nisha, 571-212-1855

STAFFORD/WIDEWATER \$1650
Spacious 2BR, 1BA w/ spec view. Pier, gar/workshop, fishing, boating, wildlife. **71 Woodrow Dr** 703-608-3900 703-969-0742

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2BR, 2BA condo, \$1400. Convenient location. Avail. 8/1. 703-861-0866

SW—2BR Condo near Metro. w/w carpet, parking avail. \$2400/mo. Contact Howard, 202-345-6380

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RENTALS

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TAKOMA PK/2 Min Walk To Metro—Brick 3BR 2BA, 2 fols. fin w/o bsmt. 2 car gar. \$2300/mo OR RENT W/ADDITIONAL 4BR upstairs for \$3400. Call 410-367-6554

Takoma PK—Lge 2 BR, 1 BA, View, Parking/Private entrance. 703-971-5417

Tysons/Vienna—3BR, 3.5 BA TH, gar, w/d, dck, fncd, w/out bsmt, new pnt/crpt, \$3400 703-242-0340

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1 Bd/Bth Euro Condo v.central. City views, fireplace, parking, balconies. Furn/Un. Call 202-841-6542

UPPER MARL—Lg 4BR, 2.5BA, SFH, complt updt w/granite, ss appl, 2car gar, \$2550. Pres. 301-445-6400

UPPER MARLBORO/KETTERING—2BR/2BA Condo, \$1,450/mo + util. \$1000 sec dep. 301-346-4083

VIENNA, VA **EHO**

VIENNA PARK

- Park-like setting
- Wall-to-wall Carpet
- Enormous Balconies
- Huge living rooms
- Swimming pool
- Play areas
- Minutes to metro

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- Controlled access building
- Reserved garage parking w/elevator access
- Captivating Cathedral and park views
- Full-sized washers and dryers
- Outdoor rooftop swimming pool

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www.bayroadcottages.com

ROOMMATES

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ARL/SHIR—2 BR, 2 BA, condo to shr, f/n/s, \$800/m, shrd util, gar prk, 703-930-9013 or 703-726-6303

BETH/BROOKMONT—Shr 3BR SFH w/1pfr, off MacArthur Blvd, busine/Metro. \$1100/m

301-320-4483

BETH/NH—Prof M/F shr 4 BR hse. Furn rm w/frig, TV/VCR, 3 windows, cac, w/d, no pets. Avl now. \$790 incl phone/utis/cbl/301-530-8947

BLADENSBURG—Hse or rms for rent. \$450 & up. Call 301-675-1451 or 301-728-0713

CAP HGTS/SEAT PLEASANT—Nice rm, \$140/wk & up. M to shr hse. Near transportation. 301-499-6323

CAP HTS—Prof to rent rm in SFH nr Metro, w/d, catv & net, \$525/ \$375 sec dep utis incl. 14102 BOWSPRIT LN #1206

Mixon & Mixon 301-608-9797
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McLean/Tysons \$307,500
Like new upgraded 1br/1ba home

Luxury 3rd floor condo with granite counters, GE Profile appliances, light hardwood floors, 12' tile & garage parking in gated comm mins from Tysons.

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2BR, 1BA Condo, 11th flr.

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Fairfax Realty, 202-471-4200 x214

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Unique 2 1/2 unit. Over 1000 s.f. Contemp. style lots of windows. Walk to Metro. 436 M St., NW. L. Burton, Re/Max One, 301-335-7687

SIL SPG—2BR 1BA, Walk to Metro & shopping. \$238,000. 240-672-7080, Owner/Agent.

SILVER SPRING—Open Sun 1-5. Rain or Shine. University Towers, 1121 University Blvd W. 2BR 2BA, panoramic view, move-in cond Margarit, owner/agt, 301-437-4476

GEORGETOWN/PALISADES—Prof Male to share luxury house w/same, walk to restaurants & Potomac River. \$1050 +1/3 uts. 301-518-7621

LANHAM—Rm in hse. 5 min/Metro. Prof N/S. \$125-\$135/week 240-645-2380. 8pm-11:15

LARGO/Kettering—Furnished bsmt in TH: 2 rms, BR/LR, pvt ba/priv ent in back, \$750 incl utis/catv/ maid svc. Kit prvs, sec dep 301-675-9073

NE/M PROF NS—LG 4BR 2 1/2 BA hse to shr Ft. Totten Metro. \$1800. avl. \$650-\$750 water incl 571-435-1080

FREDERICK—Top flv condo. 2BR 2 full BA, new carpet & appncls. Move in before June 30th & get 1 mo Free Rent. \$1100/mo. 240-899-1195

FT WASHINGTON—SFH: Fully furnished RM w/refrigerator, microwave, CATV & free local phone. \$175/wk + security deposit. 301-758-6424

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LANHAM—Rm in hse. 5 min/Metro. Prof N/S. \$125-\$135/week 240-645-2380. 8pm-11:15

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NE/M PROF NS—LG 4BR 2 1/2 BA hse to shr Ft. Totten Metro. \$1800. avl. \$650-\$750 water incl 571-435-1080

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LARGO/Kettering—Furnished bsmt in TH: 2 rms, BR/LR, pvt ba/priv ent in back, \$750 incl utis/catv/ maid svc. Kit prvs, sec dep 301-675-9073

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NE/M PROF NS—LG 4BR 2 1/2 BA hse to shr Ft. Totten Metro. \$1800. avl. \$650-\$750 water incl 571-435-1080

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<p

Classifieds

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Food

More Americans pig out on whole animals at outdoor barbecues

Backyard barbecuing is getting big. Literally.

With the deep-fried turkey fad long faded, a small but growing number of Americans hungering for new outdoor cooking adventures are investing many hours and dollars in a very old technique — roasting whole hogs, goats and lambs.

It's not for the meek. It takes an ambitious home cook, not to mention plenty of expensive and large equipment, to hoist a hundred pounds of meat over hot embers and carefully cook it, sometimes for 20 hours or more.

Yet plenty of people are trying. Or at least want other people to try for them.

That has turned roasts — praised for producing particularly smokey, tender meat — into a fast-growing business for many caterers, says Don McCullough, executive vice president of the National Barbecue Association. He credits the novelty of it.

“Doing a whole hog lends a few

tive atmosphere to things,” he says. “Everybody wants to see it. It’s like watching a wreck.”

Outdoor whole-animal roasts are nothing new. The Carolinas have a long tradition of so-called pig pickings, while Hawaii has the luau, and roast goat and lamb are common in many immigrant communities.

But now the interest is more mainstream, thanks in part to television cooking shows popularizing barbecue competitions. And as more people spend more money on mam-

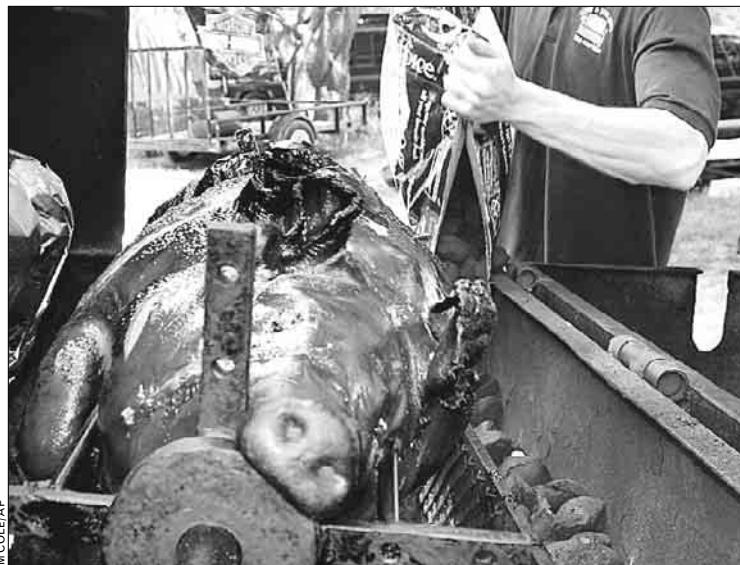
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PORKY'S: Whole hogs are becoming the star attractions at more outdoor BBQs.

JIM COLE/AP

Hog Wild

moth grills and outdoor kitchens, burgers and dogs somehow seem less satisfying, McCullough says.

Though increasingly popular, quantifying hog roasts — by far the most popular animal — is challenging, in part because the cottage nature of the industry has left restaurant and barbecue trade groups with little data.

Still, while roasts are unlikely to obtain the ubiquity of the deep-fried turkey, they are common enough for Wal-Mart-owned Sam's Club to offer whole pigs by special order, and caterers say more customers are requesting them for events such as corporate functions and weddings.

Traditional roasts were cooked

over pits, but today serious cooks use professional roasters, massive barbecues, often mounted on trailers, that resemble oil tanks and offer far greater temperature control.

They aren't cheap. The fanciest models can cost tens of thousands of dollars. Since few people can afford that, many party shops — and some enterprising slaughterhouses — rent

the equipment.

Rick Lemay, who runs Lemay & Sons Beef in Goffstown, N.H., offers one-stop-shopping for pig roasts. In addition to selling pigs prepped for roasting (gutted, clean and stretched on a spit) he also rents the equipment and hires out cooking teams.

Lemay, who has catered roasts at graduations and baptisms, averages 30 pigs a weekend. He already has orders for more than 60 for Fourth of July roasts.

Roasting whole animals, especially something as large as a pig, requires finesse. For example, federal safety guidelines say pork must reach an internal temperature of 160 F. That's not easy.

“There’s more of an art to it than just throwing a hog in there and cooking it,” says McGowan. “There’s so many different thicknesses of meat up and down the hog, you have to really know what you’re doing to keep from overcooking some and undercooking others.”

J.M. HIRSCH (AP)

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Virtual Memories

Technology

Web site offers a new way to re-live school without the yearbook

John Shin refuses to buy a copy of his high school yearbook. Instead, he's turning to the Internet to preserve and share memories of his school year.

The 15-year-old, who goes to school in Tuckahoe, N.Y., has posted a collection of school-related photos and videos, as do many of his classmates. They're able to exchange virtual notes, vote for the most likely to succeed and take part in other yearbook traditions.

The Tuckahoe High School student is trying to persuade as many as his friends as possible to sign up at MyYearbook.com — and save some money, too.

"I'm going to bring everyone who matters to me to MyYearbook," said John. "I'm confident in that, and

“We just think
yearbooks are
obsolete. All you're
going to do with it is
put it on the shelf and
never really look at it.”

CATHERINE COOK
MYYEARBOOK.COM

besides, they're like \$70."

But skeptics wonder if the free Web site can ever truly replace the traditional printed chronicle of high-school memories — even for the generation that's grown up with the Internet.

After all, will anyone want to haul a laptop to the 25th class reunion? And what happens if the technology changes, or something happens to the dot-com?

Jostens and other yearbook companies have responded to changes in technology by offering a supplemental DVD offering student-compiled



MELEVANS/AP

David Cook, 18, left, and Catherine Cook, 16, are the siblings behind myyearbook.com

music, photos and video.

Jostens reported \$348.5 million in yearbook sales in 2005. By comparison, MyYearbook.com just started bringing in money — about

\$40,000 a month with strategically placed banner ads on its site.

Still, the teenage siblings who created MyYearbook.com, Catherine and David Cook of Skillman, New

Jersey, are confident their generation will trust the Internet with their school memories.

"We just think yearbooks are obsolete," said Catherine Cook, 16. "If you think about it, all you're going to do with it is put it on the shelf and never really look at it."

MyYearbook.com allows users to create a profile with separate sections for high school, college, graduate school and professional life. Students who sign up are automatically linked to others at their school.

Members can "autograph" each others' yearbook pages. The site also connects students through school club and sports pages. Like other so-called social-networking sites, it allows members to upload photos and post messages.

Users also can vote for the biggest flirt, best athlete, most popular students at the school.

After graduation, voting starts over for their college or professional life. Meanwhile, portions of the school sections are preserved, unchanged, with the same friends, classmates, clubs and superlatives, said Geoff Cook, Catherine and David's older brother who invested \$250,000 in the venture.

Eventually, the Cooks hope to attract more than the 80 million members of the leading social networking site, MySpace.com.

VALERIE BAUMAN (AP)

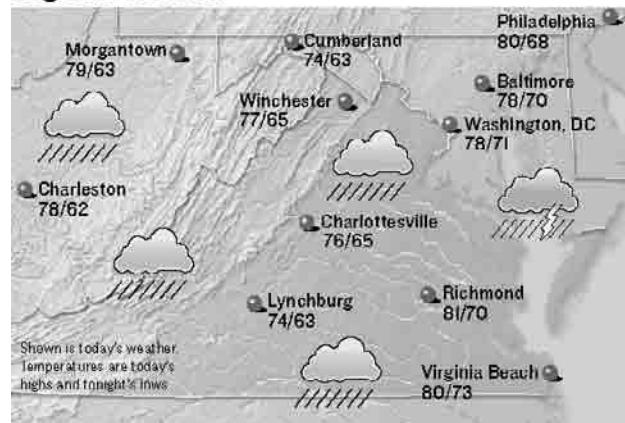
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Today	Tonight
Mostly cloudy, shower, thunderstorm 78°	Cloudy, rain, a thunderstorm 71°

Wednesday	Thursday
Partly sunny, shower, thunderstorm 86° / 72°	A thundershower possible 88° / 88°

Friday	Saturday
A thundershower possible 83° / 86°	A thundershower possible 82° / 86°

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Temperature

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Normal low	68°
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Month to date	10.65"
Normal month to date	2.69"
Year to date	21.72"
Last year to date	20.11"
Normal year to date	18.72"

For up-to-the-minute weather see: washingtonpost.com/weather

Regional Forecast

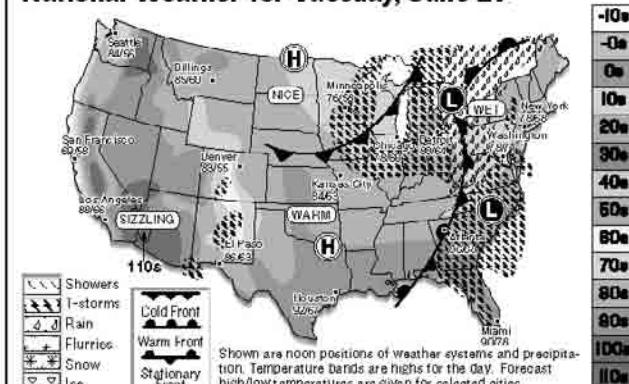
D.C. Metro: Today, mostly cloudy, humid, a couple of showers, a thunderstorm. High 78. Wind south-southeast 10-20 mph.

Sun and Moon

Sunrise today 5:45 a.m.
Sunset tonight 8:38 p.m.
Moonrise today 7:18 a.m.
Moonset today 10:37 p.m.



National Weather for Tuesday, June 27



National Cities

City	Today Hi/Lo/W	Wed. Hi/Lo/W	City	Today Hi/Lo/W	Wed. Hi/Lo/W
Atlanta	86/68/t	89/65/pc	Amsterdam	66/54/pc	66/54/sh
Boston	84/67/pc	76/69/t	Athens	90/74/s	90/72/s
Chicago	78/60/t	78/58/t	Berlin	84/60/pc	77/55/r
Dallas	92/66/s	96/69/s	Buenos Aires	55/39/s	57/41/s
Denver	83/55/t	88/58/t	Calgary	83/63/s	83/57/pc
Honolulu	88/75/pc	88/75/pc	Dublin	63/52/c	64/54/pc
Los Angeles	88/66/pc	85/64/t	Geneva	86/62/t	77/56/r
Miami	90/78/t	89/77/t	Moscow	84/58/s	85/61/pc
New York City	78/68/t	80/70/t	Rome	88/68/s	90/68/pc
Orlando	82/74/t	82/74/t	Sydney	59/45/pc	57/45/s
Seattle	84/56/s	76/56/pc	Tokyo	81/72/c	82/72/c

s=sunny, pc=partly cloudy, c=cloudy, sh=showers, t=thunderstorms, r=rain, sf=snow flurries, sn=snow, i=ice

Styles

LOOK out



WORK IT: Streep wears Bill Blass and Hathaway dons Chanel jacket in the "The Devil Wears Prada;" Patricia Field, below.



20TH-CENTURY FOX

Devilish Designs

How to get the look of the summer's most stylish movie

Miranda Priestly, Meryl Streep's character in "The Devil Wears Prada," is fashion's queen bee and an ice princess to boot. The only time anyone recalls her smiling was when she previewed Tom Ford's 2001 collection. Must have been that updated Yves Saint Laurent smoking jacket that pushed her over the edge.

File
UNDER
Fad

the catty fashion world that's filled with "clackers" — skinny young things who teeter on high heels that sound like a typing pool as they scurry around the office.

Streep, though, really has a supporting role. This movie is all about fashion and no single person — not even multiple Oscar winner Meryl — has the star power to compete with racks full of Chanel, Bill Blass, Valentino and, of course, Prada.

The sheer volume of garments required costume designer Patricia Field and her team of assistants to



be on the set each day of 14 weeks of shooting — and that's after eight weeks of shopping.

Miranda is the editor in chief of the world's end-all, be-all fashion magazine, Runway. Her signature style is "expensive," said Field. "She is first and foremost an executive, so she might wear a jewel-encrusted sweater but with a pinstripe skirt and a white blouse. There's always a pinch of glamour but no trends."

Field knows a thing or two about trends: She's the one who dressed Sarah Jessica Parker and her pals on "Sex and the City," making Manolo Blahnik and Jimmy Choo celebrities and convincing countless women to wear their own names around their necks.

However, Anne Hathaway's eager Andy, the aspiring writer who gives up onion bagels in favor of a Fendi baguette, ends the movie with a closet many wannabe clackers would envy. True, she starts off in shapeless sweaters and skirts that literally came from a middle-America mall. But once she gets a makeover, she is off and running in high-heel and thigh-high Chanel boots.

Field said she used a lot of Chanel in the wardrobe for Andy because it is so beautiful, identifiable and immediately associated with a world most people don't get to live in.

"I think Andy always dressed a little immature. There was no sexuality to her at all, even though she had just graduated college," Field said.

She said the key to dressing characters, whether they are actors or people plucked from the street, is making sure they can handle the clothes.

Field recalls one actor she worked with on "Sex and the City" who was reluctant to wear pink. "I think pink softens a man, but he said no. A year later I saw him in a pink suit! But it had to wait until he was ready. All I said was, 'I told you it would look great on you.'"

SAMANTHA CRITCHELL (AP)

Freebies



Get Your Jitters On

So maybe the movie "The Devil Wears Prada" isn't for you. But free coffee is good for everyone! In celebration of the film, the genius marketing team has declared today **NATIONAL COFFEE BREAK DAY**, where office workers can get a free coffee beverage between 2 p.m. and 4 p.m. today only. Participating locations include the Cornerstone Café (1501 M St. NW), Mochaberry (1700 N. Moore St. #290, Arlington), Sip of Seattle (1120 G St. NW) and June Coffee (225 Reanekers Lane, Alexandria). Visit devilwearspradamovie.com for more locations and information.

KRISTEN PAGE-KIRBY (EXPRESS)

Food



The Everlasting Gobstopper Is Coming

The latest revolution in gum technology (the last one, as far as we can figure, was bubble-blowing capability) is the defining measure of **STRIDE GUM** (\$.99). The product's tagline is The Ridiculously Long Lasting Gum, and they're not lying. We chomped on one piece of "winterblue" (it also comes in spearmint) for a solid hour with no waning in flavor; in fact, the only reason we spit it out was because we were bored. Whether you'll like the flavors is entirely a matter of personal preference, although we found the spearmint strangely bitter. Whichever you choose, though, you'll be tasting it for a good, long time. K.P.K.

Lookout Online



from readexpress.com

A Miserable Commute

COMMUTER DISPATCHES | Hopefully this morning's commute is going a lot better than Monday's, during which flash flooding shut down **MARC**, **VRE**, **AMTRAK** and part of every **METRORAIL** line except the Red Line.

With the inundation at the **FEDERAL TRIANGLE** and **ARCHIVES-NAVY MEMORIAL** stations, hundreds of thousands of commuters were stuck as Metro did its best to pump out the water and get trains running downtown. Commuters were either on edge or surprisingly calm, as commutes that would normally take a few minutes evolved into two- to three-hour ordeals.

Said Blue Line rider **BRANDEN LAUMANN**: "I was only 12 minutes late for work, and even though we

were packed like sardines on the train, the people around me didn't forget their deodorant and wore colognes and perfumes that didn't smell like Raid! Thanks to all the Blue Line riders who decided to smell wonderful ...!"

Many people found that they got to know their neighbors a little too well.

"At one point during my long, flood-induced, severely overcrowded Metro commute this morning, I thought to myself, 'I think I may have just had dry sex with the random guy in front of me,'" says Free Ride commenter **ABG**.

Some of the worst commutes were on the Orange Line, where platforms from **BALLSTON** to **ROSSLYN** became



CRAMMED: At L'Enfant Plaza, flooding tested the patience of delayed commuters.

packed.

"I sat in the **CLARENCE** Metro station for probably two hours, since of the few trains that came through, all were completely full," commenter **CHRISTA** reported. "It was three hours for me to get from my house to Metro Center. And that's just half of my commute; I have to go all the way up to **MEDICAL CENTER**. I probably should have just stayed

in bed" Have a horror story from Monday's commute? How about today's? Pass them along to us at COMMENTS@READEXPRESS.COM.

MICHAEL GRASS (EXPRESS)

→ Coming up today

Bethesda's parking crunch inspires an exhibition of artists whose work is influenced by how the car culture affects modern life.

?

Poll Center

TODAY'S QUESTION

Should the U.S. set a timetable to pull out of Iraq?

1. Yes
2. No

YESTERDAY'S RESULTS

Should insurgents in Iraq be offered amnesty?

NO **YES**

76% 24%

As of 6 p.m. Monday. Not a scientific poll.

GIVE YOUR OPINION ON TODAY'S POLL QUESTION AND GET A STATION-BY-STATION BREAKDOWN OF HOW YOUR FELLOW METRORAIL COMMUTERS VOTED AT READEXPRESS.COM/POLLCENTER.PHP



"God must be a Libertarian ... Because, if this weekend's rains in the D.C. area is any indication, he really hates the government."

BELOWTHEBELTWAY.COM ON THE INTERNAL REVENUE SERVICE BEING FLOODED ON MONDAY DURING THE INTENSE RAINSTORM THAT ROLLED INTO THE CAPITAL ON SUNDAY NIGHT.

A Wet, Soggy Traveler

"...[M]y suitcase was delivered at baggage claim soaking wet, all the way through. The clothes packed on top took the brunt of it but were sopping — so much so that I could have wrung them out and probably had half a cup of water."

UNBLAGUE.BLOGSPOT.COM'S SUITCASE WAS DELIVERED WITH EXTRA WATER.

Protecting Secrets

"If exposing the SWIFT program does, in fact, pose a security risk, as President Bush suggests, then he has a duty to act. Otherwise, he too is complicit in the endangerment of American lives."

PARTISANTIMES.TYPERPAD.COM ON THE POSSIBLE PROSECUTION OF THE N.Y. TIMES FOR DISCLOSING THE WHITE HOUSE'S SECRET FINANCIAL MONITORING PROGRAM.



Tara's Back in Action!

"...[W]e sarcastically told her that we thought her show 'Taradise' was amazing and that she was beautiful. We asked her what kind of skin care products she used to stay so young looking, and her sole response was 'Dove Soap.'"

PEREZHILTON.COM IS SENT A DISPATCH FROM A READER WHO SAYS SHE RAN INTO A VERY DRUNK TARA REID AT A CHICAGO NIGHTCLUB AND STROKED HER EGO.

No, You Aren't in California

"I'd rather risk the occasional earthquake than deal with this much moisture. To give you an indication of how freakish this whole thing is, there was a mudslide in Virginia. Apparently shutting down the Beltway. Where am I? Laguna Beach?"

ANORANGECOUNTYGIRL.BLOGSPOT.COM, A TRANSPANTED CALIFORNIAN, COULDN'T BELIEVE HER EYES WHEN CAMERON RUM SPILLED OVER ITS BANKS, SENDING MUD ONTO THE BELTWAY.



Live Online

The Rat Race

SUSAN GOTTLIEB, recruiting director for Futurestep, was online Monday to discuss the best way to search for a new job. | washingtonpost.com/liveonline

Age seems to be a factor in not getting responses. How do you deal with that on a resume? If you describe all your work experience it's a tip-off you're an older worker. Also, how do you deal with the salary requirement if you don't want to be rejected before a review of your resume begins?

You should include relevant experience, but not all of those first entry-level roles. Make your resume dynamic and give it some punch so it stands out. As for salary requirement, I never answered that until I actually went in for interview. Explain that for the right opportunity, you are open and flexible, within reason.

I often find job openings on my own and then I'm contacted by (sometimes several) recruiters. Is it better to go for these positions on my own or through the recruiters?

On your own if you're a junior person, with one to seven or so years. If you have multiple agencies presenting you that reflects poorly.

If you have a stellar search firm representing you to a client, then that is the better route to go.

What is the "headhunting" process like from beginning to end?

Interview with consultant; they present you if qualified; render feedback from client, if interested; coach you through the interview; offer and acceptance phases.

I'm working as an executive assistant with a clearance, and am trying to get out of the administrative field. Any suggestions? How can I use my skills to "cross over"? Yes, I will be going back to school for a formal education.

Get the B.A., and post on positions internally!

→ Today on Live Online

11 A.M.: Arturo Sarukhan, campaign adviser to presidential candidate Felipe Calderon discusses Mexico's upcoming election.

NOON: Newsweek International editor Fareed Zakaria discusses PostGlobal, a new collaborative blog focusing on global issues.

DO

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Bizarro | Dan Piraro



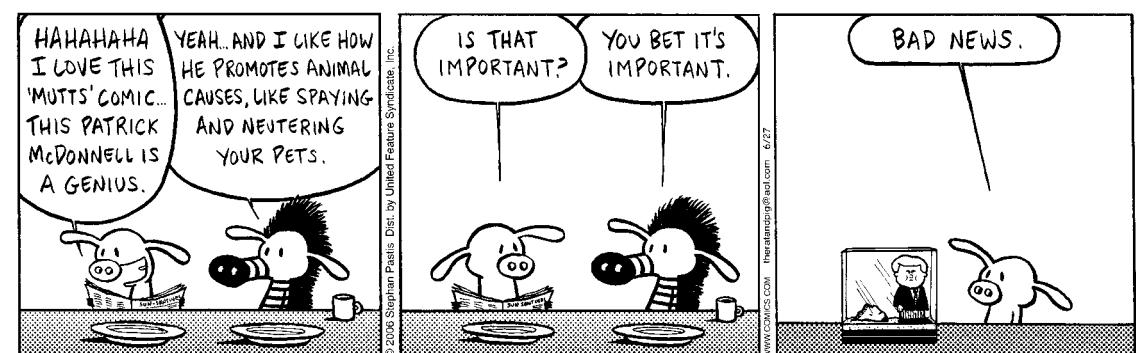
Cornered | Mike Baldwin



Pooch Cafe | Paul Gilligan



Pearls Before Swine | Stephan Pastis



The Duplex | Glenn McCoy



Horoscope

By Stella Wilder

CANCER (June 21-July 22) What begins as a lark may end up, before the day is out, as a serious quest on your part. Others may be surprised by your sudden commitment.

LEO (July 23-Aug. 22) You can count on a friend to push just enough to propel you into something that can prove quite enjoyable—and lucrative, too.

VIRGO (Aug. 23-Sept. 22) You needn't continue along a course that will bring you into direct conflict with a friend. There are other paths to take; explore them now.

LIBRA (Sept. 23-Oct. 22) You'll be privy to a little gossip, which, after some investigation on your part, proves to be more than hearsay. The truth will be out.

SCORPIO (Oct. 23-Nov. 21) A little soul-searching on your part yields a discovery that is not exactly a surprise. You can avoid a major emotional disruption with honesty.

SAGITTARIUS (Nov. 22-Dec. 21) A sensi-

tive issue is likely to arise before the day is out; you'll find yourself in a position to call the shots when the time comes.

CAPRICORN (Dec. 22-Jan. 19) You are not alone, and you won't be expected to deal with the unexpected on your own. Trust friends and loved ones to take your part.

AQUARIUS (Jan. 20-Feb. 18) You're going to want to take advantage of all the tools and resources available to you. You can cooperate well with a kindred spirit.

PISCES (Feb. 19-March 20) You're likely to discover a new way of doing something that frustrates almost everyone you know. Overall gratitude will be great.

ARIES (March 21-April 19) An old-fashioned notion may have you behaving in a way that surprised friends, family and loved ones. Perhaps this new approach will catch on.

TAURUS (April 20-May 20) It may be time to make a change that you've been considering for some time—and you're likely to know for sure by the end of the day.

GEMINI (May 21-June 20) Someone who knows you well may accuse you of seeing things all wrong at this time. Before you overreact, consider: He or she may be right.

Letters

Stop Animal Cruelty Stories

I GENERALLY LOOK FORWARD to reading Express every morning, but I've noticed a disturbing pattern of short items depicting acts of animal cruelty that are presented—often on the second page—presumably for amusement. The June

23 item about the elephant forced to play soccer was the latest. Please reconsider the next time you plan to publish one of these degrading stories, as they encourage inhumane behavior toward animals.

—AMY ROFFMAN
Washington, D.C.

Correction:

A caption in Monday's sports section mistakenly identified Brazilian striker Adriano as teammate Robinho.

WRITE TO EXPRESS: Include name, hometown and telephone number. Submissions may be edited. E-mail to inbox@readexpress.com or mail to Express Letters, PO Box 17370, Arlington, VA 22216.

Today in History

1844 Mormon leader Joseph Smith and his brother, Hyrum, were killed by a mob in Carthage, Ill.

WALLY MCNAMEE/TWP



1950 President Truman ordered the Air Force and Navy into the Korean conflict following a call from the U.N. Security Council for member nations to help South Korea repel an invasion from the North.

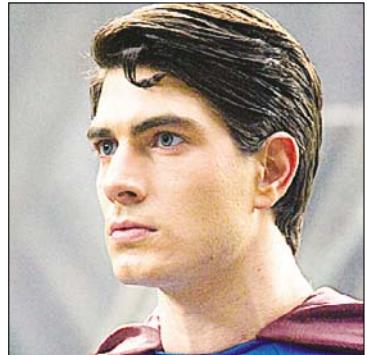
1957 More than 500 people were killed when Hurricane Audrey slammed through

coastal Louisiana and Texas.

1991 Supreme Court Justice Thurgood Marshall, the first black to sit on the nation's highest court, announced his retirement.

Look out

People



He's so wholesome and cleft-chinned.

SNORE

Midwestern Stars: Always a Dull Moment

"Superman Returns" star **BRANDON ROUTH**'s parents say he's still the kind and earnest son they raised in Norwalk, Iowa. Back in his home state for a special screening, Routh was greeted by dozens of fans as he walked the red carpet in West Des Moines on Sunday. "Having people at the airport, wanting autographs or taking photos of me getting out of a car — it's definitely different," he commented. (AP)

DESPAIR

His Baldness Makes This So Much More Depressing

BOY GEORGE won't go to jail. But he was scolded on Monday for not complying with the terms of his sentence on a drug charge. "I'm not going to give you another chance," Manhattan Criminal Court Judge Anthony Ferrara warned Boy George, who didn't do the community service required by his plea deal. (AP)



SHE-WHO-SHALL-NOT-BE-NAMED

Mad With Power!

J.K. ROWLING said two characters will die in the last book of her "Harry Potter" series, and she hinted that Harry might be one of them. "I have never been tempted to kill him off before the final because I've always planned seven books, and I want to finish on seven books," Rowling said Monday. She declined to commit herself about Harry, saying she doesn't want hate mail. (AP)

CONFUSION

Oh, We're So Happy for ... Wait, Who the Heck Is He?

"Wyatt Earp" star **HUGH O'BRIAN**, 81, has married for the first time in what the couple described as "a wedding to die for." The weekend ceremony was held at Forest Lawn Memorial Park in Glendale, Calif. "This is my

first, and most definitely, my last trip down the aisle," O'Brian said in a statement announcing his marriage Sunday to his girlfriend of 18 years, teacher Virginia Barber, 54. (AP)



FINALLY OVER

The Wedding of the Century! The 2000s Peaked Early

NICOLE KIDMAN and **KEITH URBAN** jetted out of Sydney, Australia, on Monday, likely bound for a secluded honeymoon getaway on the golden sands of the South Pacific. The actress exchanged vows with the Grammy award-winning country music star in a tearful, candlelit ceremony overlooking the Pacific late

Sunday. The newlyweds kept a low-profile Monday, emerging only to have lunch with family at a luxury waterfront hotel. The couple was spotted boarding Kidman's private jet on Monday evening. Local media have said Fiji or Tahiti were the most likely destinations. Several reports have suggested the pair have spent up to \$183,000 to hire out Fiji's exclusive Wakaya Club Resort for a week. (AP)



AWESOME

We Love You, Lauren 'It's Only Brass on a Wall' Bacall

The Upper West Side brownstone where **HUMPHREY BOGART** grew up was turned into public housing a long time ago. But the block, like Paris, will always be his. Scores of fans stood in the drizzle this weekend as New York City unveiled a plaque renaming the short stretch in front of 245 W. 103rd St. as Humphrey Bogart Place. Born in 1899 to well-to-do parents, a surgeon and an illustrator, Bogart lived at the home until 1923. "Bogie would have never believed it," said Lauren Bacall, who was married to the actor from 1945 until his death in 1957. She said her time with Bogart was too short. "I'm happy he is honored," she said. "Of course, it's only brass on a wall." (AP)

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LOOK out

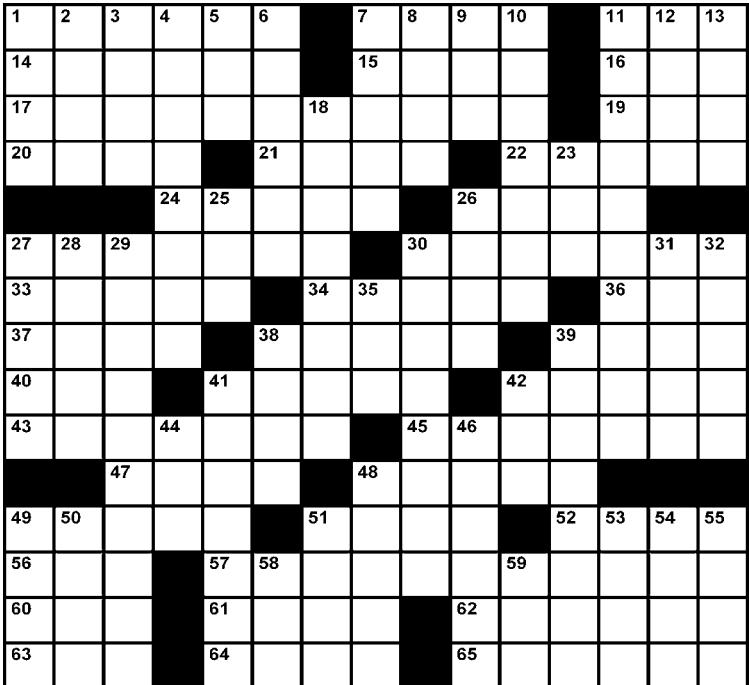
Tossed About

ACROSS

1 Thrilling wheel
7 Pack down firmly
11 Tool of forensic science
14 Kindle
15 Spheroid do
16 Stadium ticket word
17 Part of the evening news
19 Kind of temper or wind
20 One of a maritime trio
21 Dullea of "2001: A Space Odyssey"
22 Word with mess or music
24 French seaport
26 Farmer's locale in song
27 D'amour leader
30 Biblical event
33 Shorthand system introduced in 1888
34 Bitter in taste
36 Word on a towel, perhaps
37 St. Petersburg river
38 Old floorboard sound
39 "No ifs, ands or —!"
40 Private follower
41 Something to bring home
42 Ecuadorian currency, formerly
43 Road to conflict
45 Grow more profound, as a plot
47 Taprooms
48 Stand in the mall
49 Day many save

DOWN

1 Babe in the woods
2 "... — saw Elba"
3 Horse with a gray-sprinkled coat
4 Swedish turnip
5 Suffix for bull or freak
6 Player in a kids' game
7 Unsaid but understood
8 Off in the distance
9 Homemaker's title, sometimes
10 Mint or thyme, e.g.
11 It'll hold a bit
12 Four-time Super Bowl-winning coach
13 If they're boring, they're doing their job
18 Kind of grant
23 Menu phrase
25 Highway hauler
26 Actor Bogarde

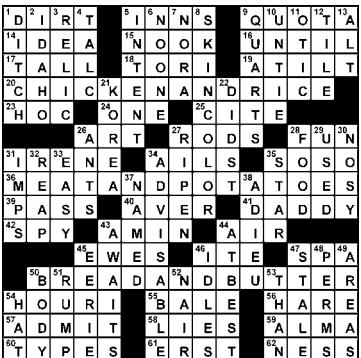


EDITED BY TIMOTHY PARKER

27 VP under Nixon
28 Norse love goddess
29 High degree of excitement
30 Intervening period
31 Petrol unit
32 Original Krupp Works city
35 VIP in business
38 Half of the pairs in a downpour?
39 Some ammunition
41 Helped out Mom and Dad, in a way
42 Spanish ayes
44 Groaner of a

joke
46 Lifting devices
48 Japanese form of fencing
49 Poison ivy souvenir
50 Diva's specialty
51 Goldbrick's opposite
53 Flower of one's eye?
54 Mythical mischief-maker
55 Olympic skater Michelle
58 Howard Hughes once controlled it
59 Word form for "three"

Yesterday's Solution

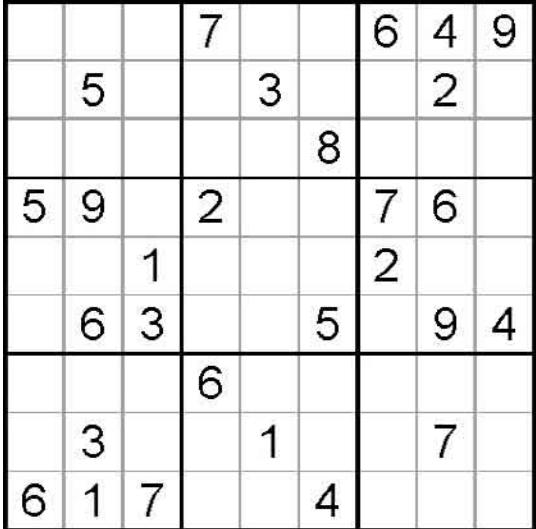
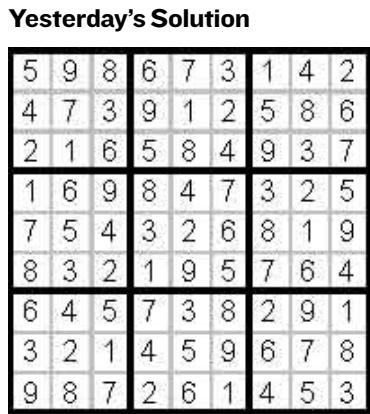


Sudoku

Degree of Difficulty: MEDIUM

Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. For solution, tips and computer program, see www.sudoku.com

Need more Sudoku?
Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section every Monday through Saturday.



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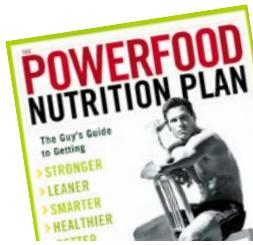


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Find out what good grub guys' bodies need to rock between the sheets | **E6**

PHYS ED

Tummy Training



Personal trainer Matthew Davis on why a daily dose of abs exercise can be a bad idea | **E4**

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THE PICK-UP SCENE

Scores your fitness goals with spontaneous soccer | **E4**



GETTY IMAGES

Baggage Check

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The Trouble With Goals, and Meeting Them

Q My best guy friend doesn't have any goals. He's 35, has worked in his current job for six years and hangs out with his buddies in his spare time. He seems to be content with where he is professionally, but he hasn't saved enough for a down payment on a house, nor does he work to improve himself. How can you urge someone to start creating and following goals for self-development? —VA

I'll do it right now — make it your goal to stop worrying about his checkbook.

Goal-setting is great behavior, when the goals are challenging enough to stimulate without



being far-fetched enough to make someone run shrieking. And setting manageable, meaningful goals,

and working to meet them, has been associated with an optimistic outlook and better health. The catch?

The goals don't count when they come from someone's old college chum, no matter how well-meaning she is. Yes, it's great to help if he wants advice. But the moment you try to shove an "At some point I'll probably shower" personality into a "By 6:13, I shall have scrubbed thrice!" mold, you run the risk of telling him he falls short. In which case, back to Act One, Rut Two.

Q I'm 32, single, female and am getting ready to move across the country for a major promotion. I've wanted this for a long time and, two months ago, I was overjoyed. Now I'm not. Old hangouts I was tired of suddenly seem the best places to be. I actually found myself crying when I spent the day tying up loose ends — quitting my gym, etc. Is this a normal case of cold feet? —UNSURE, DC

Wow — that must have been some gym!

Unfortunately, there is no clear line between simple jitters and signs you should take heed of. In fact, those two things aren't even mutually exclusive; it's rare when any decision has "This way to bliss, that way to heartburn" delineators. If you didn't have second, third and fourteenth thoughts regarding such a big change, it might mean that you weren't going into the move with your eyes open.

The trick to figuring out whether a decision will work for you? Make it work. Life has no control group — any choice can be the right one if you come up with contingency plans ("If I hate it, I'll only stay a year") and actively create conditions that will help you stay happy and healthy (being proactive about meeting people, taking ownership of your new position and finding a nice, shiny gym with good towels).

Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D. at baggage@readexpress.com. This column is not a substitute for one-on-one care.

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Aww, Shucks Socks!

THEY MAY NOT BE EMBLAZONED WITH A SILLY PUN, but the new Earth-E-Ators from DeFeet (\$10) are pretty corny anyway. That's mainly because the socks are made from the yellow North American grain, which, after seven years of research, engineers have spun into a fabric worthy of bikers and runners. They launched news of the revolutionary accessories for Earth Day, but they're only just getting the product out to the people. We sniffed 'em, but they don't smell like something that belongs on the cob. And we don't think the comfortable stretchy fabric would take too well to being smothered in butter, either.

NEW IN HEALTH warm ups



Drinking H200000000

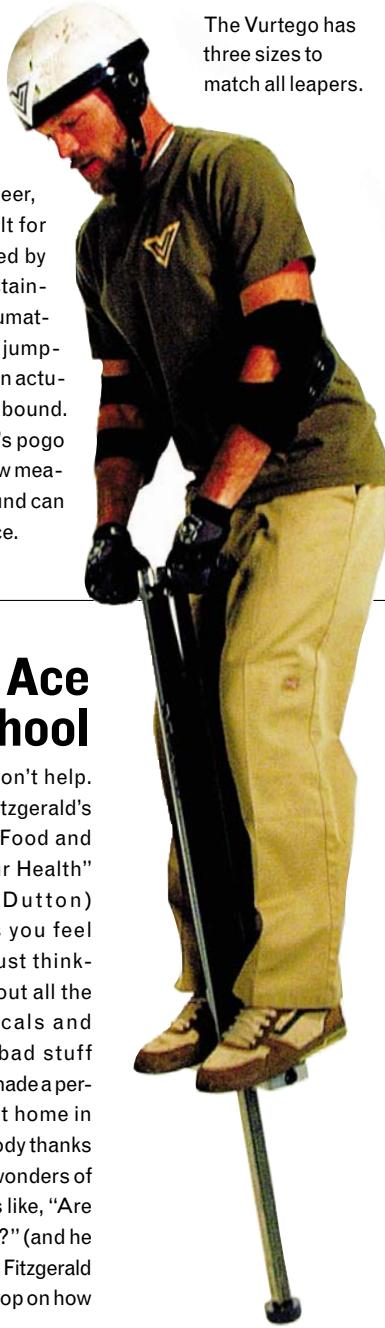
ANY BOTTLED WATER THAT WARNS against leaving it in direct sunlight lest it start a fire is going to have some trouble making legitimate-seeming health claims. OGO, which debuts in the States this summer (it's from the Netherlands), promises 35 times the amount of oxygen in other waters, thereby boosting drinkers' athletic capacity and improving concentration. Although we loved the vessel, the liquid itself didn't wow us. Not only did we not feel better, but it tastes gross ("oily and bitter," opined one tester).

Bounce Your Way to Buff

HUMANS HAVE WAY MORE

hopping muscles than one would suspect. And the new Vurtego (vurtego.com), a modern version of the pogo stick, makes each one burn. Designed by a California aerospace engineer, the Vurtego (\$349-\$399) is built for street hopping and is pressurized by pumping it up with air. It has a stainless-steel slider shaft and a pneumatic design that allows for higher jumping. Get good enough and you can actually leap over cars in a single bound.

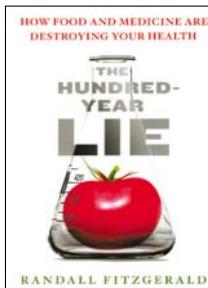
But this is no beginner's pogo—even hopping a few measly feet off the ground can take some practice.



The Vurtego has three sizes to match all leapers.

How to Ace Lie School

MOVING TO A COMMUNE? It won't help. Investigative reporter Randall Fitzgerald's "The Hundred-Year Lie: How Food and Medicine Are Destroying Your Health"



(\$25, Dutton) makes you feel dirty just thinking about all the chemicals and other bad stuff that's made a permanent home in your body thanks to the wonders of modern science. After chapters like, "Are We Becoming a Mutant Species?" (and he implies, convincingly, that we are), Fitzgerald also thoughtfully gives us the scoop on how to detox and use ancient cures.

PRODUCTS

GuineaPig



Umbrella, Boots And Band-Aids

SCOOBY DOO PATTERNS are cute, but cuts aren't—especially when bandages come off, exposing your healing skin to the dirty elements. So we were eager to try the no-nonsense Band-Aid Tough-Strips Waterproof (\$3.80), which promise to stay on "until you want it off." They're a bit pinker than the usual tan shade, and they're "fiber-reinforced" like duct tape, but otherwise they look like the average 'aid.

The test: Could one of these babies stay on the bottom of a flip-flopped foot during a long day of walking around, then hang on during a shower? Where other sticky strips failed, this one didn't budge, even when it faced the extra challenge of the flood-causing, clothes-soaking rain. We'd prefer an adorable cartoon design, but we suppose we'll live without it.

VICKY HALLETT (EXPRESS)

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| THE EXPERTS

TrainReaction



Which Twitch?



Is it true that you can work your abs every day?

The short answer is yes. I don't recommend it, but you can. Here's the long answer ...

Your abs are considered "anti-gravity" muscles, which means they're used to stabilize the body when you stand so you don't fall forward or backward. They're also skeletal muscles, which are made up of two types of fibers: fast-twitch and slow-twitch. Abs are extremely slow-twitch in nature—that is, they have a greater density of capillaries than fast-twitch muscles. They get more oxygen from the blood and, ergo, don't fatigue as quickly. So you CAN work slow-twitch skeletal muscles every day—after all, they're already working hard at holding you up straight. But I wouldn't recommend doing 100 crunches that often—even slow-twitch abs need some recovery time.

Matthew Blair Davis is an award-winning personal trainer and president of Functional Revolution Fitness (functionalrevolution.com), which provides private personal training for Northern Virginia and D.C. E-mail him at matt@functionalrevolution.com.

VITAL STATS

91

PERCENT OF AMERICANS WHO BELIEVE WORKING OUT AT A GYM WILL IMPROVE THEIR HEALTH, ACCORDING TO A NEW SURVEY.

Pick-Ups Kick It Up

Washington summers team with impromptu soccer games

While millions of fans around the world were plopped on their butts watching Germany score against Sweden last Saturday, buddies Andy Kropf and Ramez Khayat were showing their dedication to the sport another way: by kicking a soccer ball around a field at Fort Reno. "The World Cup has stoked me up. I had to get back into the game," Khayat said.

But instead of signing up for a team in a league, the two decided to sample D.C.'s raging pick-up soccer scene. On meetup.com, they stumbled across a regular weekly noon game that's been going on for about two months. And by 12:30 p.m. Saturday, they were among 15 folks passing, kicking and scoring.

"If you have cleats and a ball, you have a game," explained organizer Reggie Jackson, who didn't really have much to plan other than showing up. "In Meridian Hill Park, I'll be kicking a ball around and seven or eight people will want to play with me." The same thing could easily happen on the Mall, another popular place for spontaneous soccer to bust out.

What appeals to many players is the relaxed attitude of pick-up. "This isn't my day job. You don't see guys getting carried off on stretchers," said Joe Willmore, who's faithful to the pick-up game in Springfield run by the Screaming Eagles, a D.C. United fan club. As 18 men and one woman dashed around at their last game, both sides applauded when players scored.

Because no one is obsessed with winning, pick-up soccer affords peo-



GETTY IMAGES

ple who play on teams the chance to attempt positions they normally wouldn't dare. And if someone isn't that good, well, that's OK. Donovan Chase just wanted a different form of exercise, but hadn't played soccer since a few random games in high school. "I didn't want to drag a competitive team down," he said. Since starting with the Screaming Eagles, he's improved his skills and is feeling better on the field: "I can actually run for more than 30 seconds without losing my breath."

There's no set time limit in most

GOAL KEEPERS

■ Some regular games recruit online (visit meetup.com and screamingeagles.com), and posting on Craigslist is a sure-fire way to round up playmates. The D.C. United forum at bigsoccer.com features info on other random games about town (including the Mall match-ups). But once you go to one and meet players, you'll find out about tons of other pick up games through word of mouth.

games, so they just play until everyone gets tired and can't kick straight anymore—and in Washington weather, that might be 45 minutes or two hours. And don't worry about riding the bench for a game because usually whoever shows up can play; one time the Screaming Eagles had 18 against 18 on the field.

"I can run for more than 30 seconds without losing my breath. I can go minutes."

Melissa Soto may have been the only player lacking a Y chromosome at the Screaming Eagles last game, but the guy-heavy crowds are generally welcoming to female players. "You just have to show them up," she said with a smirk.

Plus, pick-up soccer takes into account human nature. On a team, other people depend on you, and you feel obligated to go to practice and matches. "If I feel tired, I can say, I'm not going today," explained Todd Silverstein, who squeezes in three pick-up games a week.

The problem with no structure, however, is that players can't always be sure a game is on. If everyone is sleepy one morning (or there's a key World Cup match on), an eager beaver could be the only one who appears. Silverstein generally brings a book with him just in case. But it's usually not long until he's having a ball anyway. **VICKY HALLETT (EXPRESS)**

running for congress

■ Rep. Joel Hefley

FOR SOMEONE WHOSE FAVORITE fitness activity is "cowboyin,'" as is the case with Rep. Joel Hefley (R-Colo.), it can be tough to keep it up in Washington. But he's found riding opportunities, including a friend with a full-size fiberglass horse replica and an annual ride sponsored by the American Quarterhorse Association. **v.h.**



"I have a ranch, so there are all kinds of things to do—digging holes, hauling hay, stacking it."

"I enter rodeos. I used to ride but now I just rope. You chase a calf or steer on horseback, and even with that you find muscles you forgot you had."

"It's hard to have livestock here, but I've gotten out in the yard and

practiced roping on a dummy."

"I got one of those pedometers for a while and found out that just in the normal course of a day, I walked three to five miles."

"In the winter, if I'm stuck inside the Rayburn building, I'll walk several laps around the quarter-mile loop to get the cobwebs out."



Masculine Meals

What guys should eat to rule in the bedroom

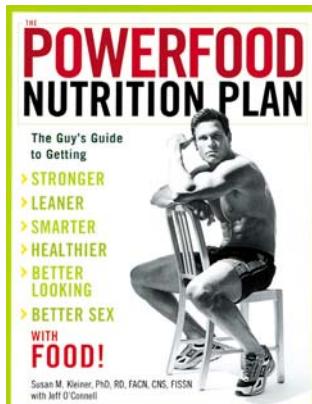
Even if your buddies are chowing down on burgers, it's OK to opt for the salad. "You don't look like a sissy anymore," explained nutritionist Susan Kleiner, author of "The Powerfood Nutrition Plan" (\$20, Rodale). "A man taking care of himself is very attractive." She works with Olympians and CEOs to craft dude diets for various goals, from building up muscle to living longer to being better in bed. Express' Vicky Hallett chatted with her to get the dish on what men should be putting on their plates.

This is a guy eating book, but is guy eating different from gal eating?

The voice I use is for men and the examples I use are men. As far as the details, except for the fact that I'm talking about prostate cancer instead of breast cancer and the calorie levels are higher, all of this crosses over for women.

You say both caffeine and alcohol are bad. So does that mean bars and cafes are bad places for dates?

Well, most of the scientific data is about what not to do. Don't get drunk, don't drink too much caffeine and stay away from gassy foods.



Any other kinds of food to avoid on a date?

Some restaurants are better than others. Maybe Mexican isn't a good choice for a hot date because you have to work to avoid the beans. A half-cup serving and most people will be OK, but other people react to one bean. They know who they are. I almost killed my husband when we were first dating by serving him lentil soup.

Why does pureeing food help keep you from feeling gassy?

Gassiness can be caused by the physical processing of the fibers and proteins in food, and pureeing begins the physical digestion so

you're able to digest better.

Are there any foods that are unlikely turn-ons?

Obviously, there are oysters. They're high in zinc, which boosts testosterone, so that's why they're in here. But there's also celery, which has androstenone and androstenol, plant hormones similar to testosterone. Research has shown that there's an attraction to these compounds because they act as pheromones and activate our innate sexual instincts.

So if a date isn't going well, a guy should start chomping on celery?

These are little things. But if you're on a picnic, having some cut-up celery may create the effect you're looking for.

Any other pre-date tips?

Being well-hydrated keeps you from dry mouth and bad breath, and your skin looks better. So if you've been drinking coffee all day and are drinking alcohol at dinner, order a Pellagrino or something. It makes a huge difference. I mention vanilla in the book because it's a source of phosphorus, which is an incredibly important mineral for ejacula-

tion. But ordering a little vanilla ice cream on a date isn't going to do much. You need to eat fruits and vegetables all the time.

Don't you mention blueberries too?

Yes, omega-3 fats make your blood vessels clear and blueberries relax your vessels. These are important for keeping blood flowing to all parts of the body.

What do you do if you've eaten something really terrible?

Drink lots of water and balance

Maybe Mexican isn't a good choice for a hot date because of the beans.

for the rest of the day. If you ate a meal high in salt and fat, the rest of the day, don't eat processed foods, unhealthy fats or added sugar. You're not down for the count.

Any foods people should be eating every day?

There are things that are going to make you feel good — milk, turkey, nuts and fish. All of those are mood elevators, so they're great choices when you're out. Have a fish dinner, not fried though, and a hot cocoa. It'll raise your spirits.

THE EXPERTS

Chew On This

Sweet Parity



How can I tell the difference between naturally occurring and added sugars in foods?

Naturally occurring sugars are found in fruits and dairy products, while added sugars are typically found in processed foods. Both are carbohydrates, the body's main source of energy.

It's impossible to differentiate between the two simply by looking



at the Nutrition Facts Panel — you need to read the ingredients list. Terms that signal added sugars include corn syrup and sucrose, while fructose and lactose are natural sugars found in fruits and dairy products, respectively. Also, look for the words "no sugar added" on food packages.

Most adults need at least 130 grams of carbs each day, and carbohydrate-rich foods should provide vitamins, minerals or fiber, in addition to sugar. Choose pasta, brown rice, whole-wheat bread, potatoes, yogurt or whole fruit.

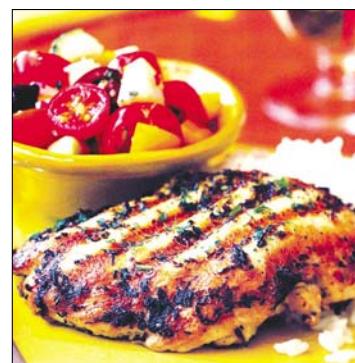
Kristen Ciuba, MS, is the nutritionist at Results the Gym, in Washington, D.C. She also implements nutrition programs for local companies. E-mail her at nutrition@readexpress.com

A Tart and Tangy Bird

■ LEMON AND OREGANO CHICKEN, serves 4

INGREDIENTS: Four 6-ounce skinless, boneless chicken breast halves; 5 teaspoons grated lemon rind; 1 tablespoon olive oil; 1 1/2 teaspoons dried oregano; 3/4 teaspoon kosher salt; 1/2 teaspoon freshly ground black pepper; 1/4 teaspoon water; 2 garlic cloves, minced; cooking spray; 4 lemon wedges; 2 tablespoons chopped fresh parsley

MAKING IT: Prepare grill. Place each chicken breast half between two sheets of heavy-duty plastic wrap; pound to 1/4-inch thickness using a meat mallet or rolling pin. Combine lemon rind and next six ingredients, and rub evenly over



both sides of chicken. Place chicken on a grill rack coated with cooking spray, and grill three minutes on each side or until done. Remove from heat. Squeeze one lemon wedge evenly over each chicken breast half. Sprinkle parsley evenly over chicken. (AP)

Per serving: 226 cal., 5.6 g total fat (1 g saturated), 39.6 g pro., 2.2 g carbo., 0.7 g fiber, 99 mg chol., 465 mg sodium.

VITAL STATS

16

AVERAGE MINUTES OF FACE-TO-FACE TIME PATIENTS HAVE WITH DOCTORS PER OFFICE VISIT, ACCORDING TO A NEW REPORT FROM THE NATIONAL CENTER FOR HEALTH STATISTICS.



How to Raise The Salad Bar

Pack your plate with the biggest nutrient punch

Ah, the salad days of summer, when produce is at its peak. But just because you're eating something cold and veggie-licious doesn't mean it's healthful. Here are ways to make your dish of greens low-fat and nutritious.

Salad Starter: Lettuce

The darker the leaf, the more vitamins it contains. Look for spinach, romaine and arugula to get the most folate and beta-carotene.

Produce Junction

The more colorful your mix of vegetables, the more nutrients. Cherry tomatoes are rich in lycopene. Broccoli boasts vitamin C, beta-carotene, fiber and calcium.

When you face a selection of peppers, green means stop: Red and yellow peppers contain more than twice the amount of vitamin C than the green ones.

All fruit is not created equal. With no water to take up space, dried fruit packs a caloric punch, especially if you're using a big serving spoon. Stick with fresh fruit like berries or orange slices. These treats will sweeten salad without too many calories.

Fat Facts: Extras Add Up

Limit yourself to one healthy, monounsaturated fat per salad (aside

from the dressing), such as nuts, seeds, olives or avocado. Ten olives or $\frac{1}{4}$ cup of nuts (the size of a golf ball) are surprisingly satisfying.

Cheese is high in fat and sodium and is not the best source of calcium for the calories, said Lisa Young, a professor of nutrition at New York University. If you can't lose the cheese, limit it to an ounce and go for lower-fat goat instead of cheddar.

A Meaty Issue: Protein

Protein is a must-have, since the nutrient keeps you satisfied. Opt for tuna, salmon, tofu, chickpeas or skinless chicken or turkey, and keep portions small. Three ounces is a reasonable amount.

Dress to Impress: Salad Dressings

Watch the serving size when you hit the dressing: Even honey-mustard dressing weighs in at more than 200 calories per $\frac{1}{4}$ cup. One ladle (about $\frac{1}{4}$ cup) of full-fat ranch or Caesar packs 300 calories. Two ladles are the equivalent of two hot-fudge sundaes.

Walk right past that fat-free French. A recent study found that people who ate salads with fat-free dressing absorbed fewer essential nutrients than those with fat in their salads, and that reduced-fat dressing boosted absorption of nutrients like beta-carotene compared with fat-free. A little fat is necessary to help your body process vitamins.

LISA DRAYER (REPRINTED BY PERMISSION OF WOMEN'S HEALTH MAGAZINE © 2006 RODALE INC.)

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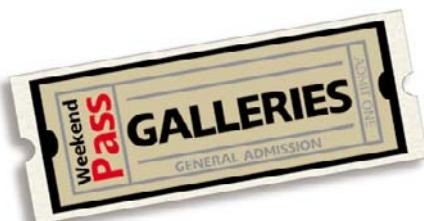
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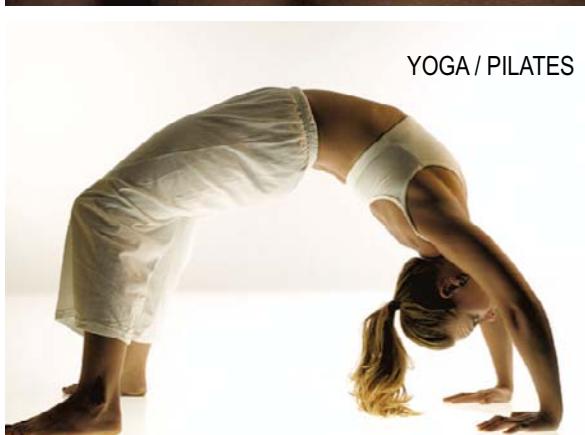
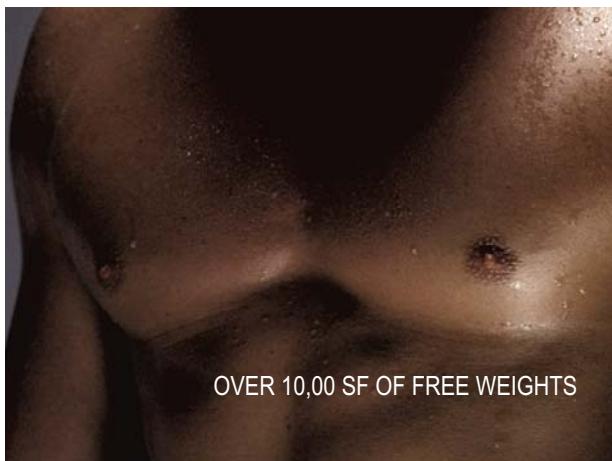
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